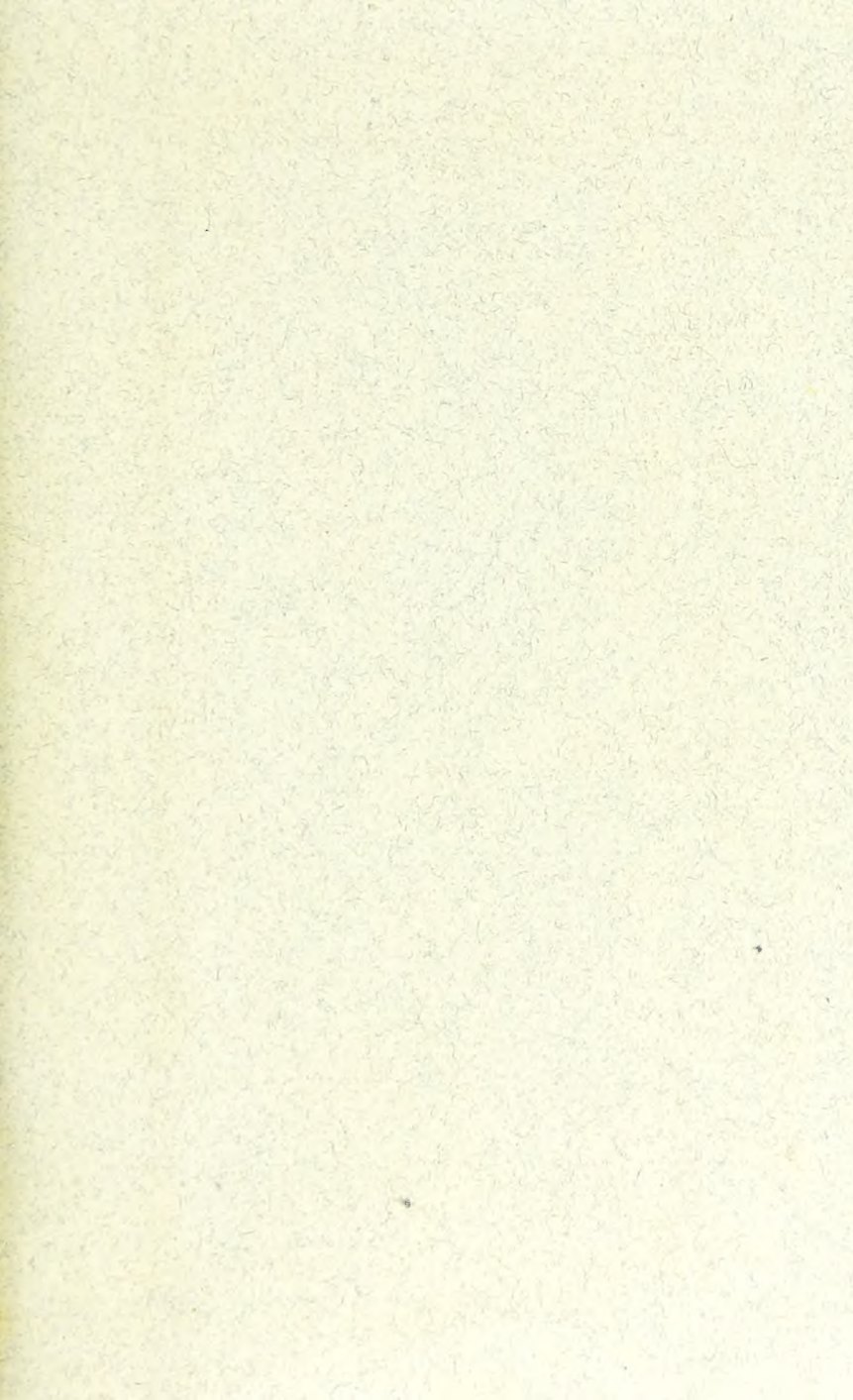




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Your Friend,
Geo. M. Bourne.

THE
HOME DOCTOR:

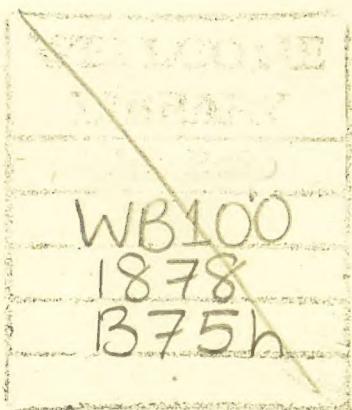
A GUIDE TO HEALTH.

BY DR. BOURNE,

OF SAN FRANCISCO.

SAN FRANCISCO NEWS COMPANY

1878.

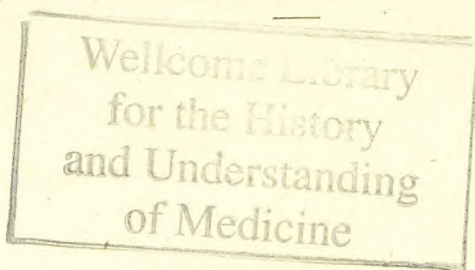


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E. BOSQUI & CO.,

PRINTERS AND BOOKBINDERS,

SAN FRANCISCO, CAL.

APPLIANCES, PROCESSES, or METHODS of Using Water in the Treatment of Disease.

(See Index for the various articles.)

Baths.

Arms and hands bath.
Cold dash. Douche (doosh) bath.
Eye-bath. Foot-bath.
Half-bath. Head-baths. Pouring head-bath.
Hip or Sitting-bath. Nose-bath.
Sitting back-bath. Spinal or back-bath.
Steam-bath. Sweating-pack.
Towel-bath.
Warm water sweating-bath. Warm and cold water
wash baths.
Dripping wet sheet.
Warming and cooling process—a quick—by hot and cold water.

Bandages.

Fomenting wet bandage.
Hot and cold water bandages, or cloths.
Back-application.

Poultices.

Ice or Snow. Wet cloths or bandage. Wet earth.
(Dry Earth.)
Emetics. Injections.

Water,

Hot and cold—steam to ice—
(See Bathing, Baths.) good food and plenty of it; pure air,
proper clothing, proper exercise and habits—constitute
the sum total of the requisites to prevent and
cure disease
And to insure Health.



A Book for the People.

A Guide to Health and for the Home Treatment of Disease.

TO THE READER :—This volume is designed as a contribution to the Science and Practice of the Healing Art, and for the advancement of knowledge among the people, through its adaptation to their general great needs in regard to health and disease.

It is written in non-technical, plain English, that all may understand, and is especially intended for those who will prefer, by a right life, to prevent disease, rather than, by indulgence in error, contract it; and who may also desire to acquire that knowledge which will free themselves from the domination of a professional class whose interests are antagonistical to their own, and ever prompting to the taking of unfair advantages, to say the least, by keeping all in ignorance of their highest good, instead of diffusing knowledge.

My teaching is a departure from — and an advance, — therefore an innovation upon, the usual methods of the Water-Cure, and is radical; almost as much as the system itself is, to the drugging or medical practice.

The Water-Cure authorities, and as far as my information extends, the practitioners of the Water-Cure, (or Hygienists as they now prefer to call themselves,) reject sweating, unless moderately, and merely as an adjunct to other treatment; *whereas I make copious sweating and a large measure of it, the foundation of my system of treatment, which I term the*

Thermal-Sudatory System :

As with the exception of the eruptive fevers, (small-pox, measles, scarlet fever, chicken-pox,) all other treatment is subordinated to sweating, through heat and moisture.

As an iconoclast or uprooter of the old errors, I am unflinching; because I am prepared to offer a better way—a way that is not only more in keeping with reason, but better adapted than the ‘regular’ or heavy drugging treatment, or other medical practice—to satisfy the increasing intelligence of the age.

For example—the nonsense about fevers running their course, I explode, by teaching how to immediately reduce a fever, and so with other diseases that the people have been taught must ‘run their’ course.’

Having personally administered more than fifty thousand steam-baths, and more than as many more thousands having been given under my supervision, I have a right as an ‘expert,’ to give testimony in relation to steam-bathing and sweating; which I have illustrated in a manner, I trust, to largely counteract the popular, as well as Professional ignorance in relation to it.

Throughout I have used the personal pronoun, because *I* wish to address myself to *You*, presuming that You take up my volume to seek information.

I mean all that I say, and wish you to believe what is written: *first*, because it is from the standpoint of knowledge, confirmed by ample experience; and *second*, because I am in earnest in endeavoring to impart information which will be of real value to you.

You may disagree with me and reject my views about diet; but do not reject my treatment for disease, unless you prefer to be the loser.

Indulging in the caprice (if you please,) that we are ‘face to face and eye looking into eye;’ let what I have written be received as replies to questions you may desire to ask in relation to disease, its causes and prevention, and best methods of treatment.

At the mature age of thirty-six I accepted the philosophy and teachings of the Water-Cure as far as then promulgated, upon which I have largely improved, but never compromised; and now, (1878,) at nearly the close of my seventy-second year, am a healthy, vigorous disciple of the doctrines I teach and practice, and more firmly than ever, ‘rooted and grounded therein,’ resulting from the accumulated evidences of demonstrated and irresistible truth.

I attribute much of the success which has attended my use of water as an active remedial agent, to the fact, that on the introduction of the system into the United States, it was in a crude and unsettled state; and, as by experience, I found erroneous teaching in some essential features, it induced me to investigate for myself, and to make such experiments as reason dictated and sanctioned.

Nearly thirty years ago I resolved to qualify myself to prepare a

manual for the People ; and it is now, more than a quarter of a century ago, that for the advantage of a diversified practice among a cosmopolitan people, I arrived in San Francisco—a field unequalled for my purpose—and since then, while working for my patients and studying their peculiarities under all diversities of nationalities, mentality, constitution, education, thought, feeling, temperaments, appetites, and the various phases of diseases subject to the underlying influences named,—have been necessitated to become a bold innovator and demonstrator, yet it has been with that degree of caution and prudence which has warranted what I have done.

Among a people who valued time more than money, I found, soon after my arrival, that my methods for rapid restoration to active duties were appreciated when known and realized, and in an ever-changing population, I was sending out witnesses who were scattered far and wide, and who may now be found throughout the civilized nations, in ‘returned Californians.’

I have made many innovations in treatment: in fact, my system is, to a large extent, if I may not say wholly, a deviation from the routine of hygienic practice, which fails so much through inefficiency in treatment—lacking thoroughness: and during more than twenty-two years I have discarded the wet sheet pack, substituting therefor the steam bath, which years full of experience had taught me was incomparably superior. In this volume, therefore, you have the benefit of my unceasing labors and devotion to the great object which I kept faithfully in view during so many years.

Studying up the work of those who had preceded me, and closely criticising results, I have strived to avoid their weak points and the causes of unsatisfactory demonstrations, and thus to be able to remove the hindrances to the extension of knowledge which ought to be universally diffused; and I know that I have had such multiplied proofs of accuracy and adaptation, as justify me in giving counsel to those who, having health, would retain it; and to those who, having lost health, would regain it: claiming for my system of treatment that it is superior in its more efficient and rapid action, and its greater certainty.

A Guide to the Prevention and Cure of Epidemic Cholera, Diarrhea, Dysentery, etc., is the title of a treatise I wrote in 1849. In noticing it, the October No., 1849, of the *Water-Cure Journal*, says:—

“This is a pithy, concise, sententious Treatise which should be in every family. A person can read the whole in an hour, and will know as much of the subject, and be as capable of putting its instructions into practice, at the end of that time, as if he had just finished reading any other book that would require a week’s time. A hundred

thousand copies should be disseminated at once, and those who are too poor to buy a book at twenty-five cents, should be supplied from the public funds. We regret it was not issued a year ago; but the old adage says 'Better late than never.' It is a valuable little book for all times."

The teachings of that treatise are reproduced herein in the various articles relating to causes and prevention of disease, and in those under the captions of Cholera, Dysentery, etc.

But the 'regulars' have succeeded in inducing the legislators of California to enact a law recently, (and in many other States similar laws have been enacted,) under which they could, by a little forcing, either compel me to take out a license for the publication of my book, at an enormous tax, or subject me to fine and imprisonment for its publication, were I not protected by Act of Congress, through the copyright law.—This special medical legislation to bolster up a decaying and almost dead and infamous imposition upon mankind, is clearly unconstitutional, but the expense attending a decision of the court of last resort will permit it to stand upon the statute books, (a discredit to the legislation of the nineteenth century) — much longer than it should.

How long will the people permit these barnacles and leeches of the medical profession, to stand in the way of progress, to practice their iniquitous system, which is designed to keep their victims suffering and enslaved to their machinations? How many have died from the use of the murderous lancet, and in raging delirium by the denial of a few quarts of cold water? and how many still are wrecked by the devastating mineral and vegetable poisons universally administered? Yes, oh yes! let the people send men to legislate for them with no more brains than to be cajoled into passing laws designed for their own hurt and persecution, by putting obstacles in the way of progress, in giving its enemies the power to prohibit from practicing the healing art, all who are obnoxious to them.

I fully endorse the opinion of Dr. COGSWELL, who says. "It is my firm opinion that if the medical profession, with its prevailing practice, were *absolutely abolished*, mankind would be infinitely the better." And also that of Dr. JAMES JOHNSON, editor of the *Medico-Chirurgical Review*, who says: "I declare as my conscientious conviction, founded on long experience and reflection, that if there was not a single physician, surgeon, man-midwife, chemist or apothecary, druggist nor drug, on the face of the earth, there would be less mortality than now prevails." (See pages 13, 75-6, 339, 354.)

The GREAT REFORMER, of Judea, nearly nineteen hundred years ago, thus spoke:—"Woe to you Scribes and Pharisees, hypocrites!"

citing their offences to the people, to awaken them to a just sense of the short-comings of their leaders. He then pronounced them "Blind Guides." "Fools and blind." "Serpents! Brood of Vipers!"

This sudden denunciation awoke the people of Judea to investigation, and they began to break the shackles that bound them. And who will deny the fact, that in all Christian lands, the work of reform he inaugurated, still progresses under increased enlightenment, bidding fair for greater and nobler results?

At whatever disadvantage, as an imitator, may be mine—yet in imitation—I have, during these past nearly forty years, denounced the flagrant wrongs of medical practice, especially the allopathic or 'regular' branch of it, and held it up to obtain—as it richly deserves—the scorn of mankind. Oh, "fools and blind," who administer to sick people, poisons which, if they were well, would make them sick; and who also lead them into the adoption of fearful vices (the use of tobacco, liquors, etc.,) which become a lifelong curse. Oh, "fools and blind," try to get wisdom and open your eyes: cease to 'darken counsel,' and let the people have light.

My first experience of the beneficial effects of water as a remedial agent dates back to 1824, (fifty-four years ago,) when I was so nearly frozen to death that I was speechless during more than an hour after reaching my home. (See Frozen.) Again in 1826 or 27, in the great influenza epidemic, another successful experience; and in 1839, in a south-western city, another happy experience in the recovery from a severe attack of yellow fever; (see page 129;) so I was in a measure prepared to become a disciple 'on sight.' And now 'my heart's desire and prayer' is, that all should know and realize all that I, under my large experience do, in relation to water treatment in disease, and of the value of a pure bread, vegetable and fruit diet.

PRIESNITZ, an unsophisticated 'child of nature,' the founder of the Water-Cure, left it still in a rudimentary state at the time of his death. European authors added their quota of experience and Drs. NICHOLS, SHEW, TRALL, and others, of the United States, and some ably-conducted journals, have done a noble work in endeavoring to enlighten the people at large in relation to their welfare.

The *Hydropathic Encyclopedia*, by Dr. TRALL, Price \$4; and the *Hydropathic Family Physician*, by Dr. SHEW, price \$3 - S. R. Wells & Co., 737 Broadway, New York; are highly valuable books, containing a large amount of anatomical, physiological, surgical, and other information, in addition to their methods of treating disease. It is about a quarter of a century since their books were written, and as

both have 'passed to the beyond' without revising or altering their works, (although Dr. Shew had many years opportunity, and Dr. Trall is but recently deceased,) the presumption is that they were satisfied with their acquisitions as published.

I have brought my researches and work down to 1878. Where PREISNITZ and those gentlemen and others left it, I may fairly claim to have taken it up, and have pursued my investigation in a true spirit of philosophical inquiry, seeking for truth and exactitude, the ultimate of Science. The result is this volume, the fruit of the sacrifice of the 'golden years' of a long life in accumulating evidence upon evidence, until no vestige of a doubt could reasonably be entertained. Possessed of the books of Drs. SHEW and TRALL and this volume, any intelligent family that will be governed by the instructions which they contain, should not only expect to maintain health, but if disease could by any possibility invade it, at once proceed to effect a cure, and thus promote the attainment of the 'sweet by-and-by,' when it may be anticipated that a ripe old-age will close a journey of life for all whom accident does not cut short.

In writing in the personal, and in introducing some of the facts of my experience in treating disease, it is to enlist your attention and win an interest in the recital of details: in fact to establish an acquaintance and sympathy between us.

I may be charged with egotism, but as a teacher can I do justice to you, myself, and the cause I advocate, by hiding behind an impersonal *we*? My object on the whole is, to show you that I do not shun personal responsibility, and that from my long experience and unceasing investigation and observation, that I am entitled, as a *Teacher*, to your confidence, by which you will the more readily be benefited; and then do as I do—'snap your fingers' at the Doctors—trusting to a kind Providence, good food and plenty of it, and to pure water and yourself, for a clean and active skin, and general renovation, should you be ailing.

By my methods of treatment I can accomplish in six or eight weeks quite as much or more, than would be done in as many months by the ordinary modes; and I effect results that might not be reached at all, through failure to arouse to energetic action, the dormant vital forces of the patient. I know that I am announcing a demonstrable truth, which my long years of experience warrants: and this is a reason why I am anxious to communicate to all intelligent and honorable minds, my laboriously acquired knowledge, that if they are as zealous, industrious and faithful to their trust as I have been, they may be able to effect as much as I have done, without the sacrifice I have made.

Not in a vain or boasting spirit, but as a witness testifying to the truth of that which I know, have seen, and been 'part and parcel thereof,' do I write.

This volume is a matter-of-fact *Practical Instructor*, to enable a mother to relieve her sick child, or her husband, or the husband to assist his suffering wife at the critical moment, when serious illness may be averted by timely attention: and by its aid neighbor may assist neighbor, and thus knowledge be increased and truly beneficial kindness be extended, while we

“———Strive
In offices of love how we may lighten
Each other's burden, in our share of woe.”
—MILTON.

One great advantage of the methods of treatment I employ is, that they are few in number—that there are no complex processes—that they are easily learned by persons of ordinary common sense, and can scarcely be forgotten—and that when once familiar with them you have acquired a life-long knowledge of almost inestimable value; and that through their aid, sickness and suffering can be prevented, or be alleviated, and the sufferer be cured, in all curable cases. These excellencies ought to commend the system to the candid and careful consideration of all earnest and progressive minds. (See Appliances, Processes or Methods of Using Water in the treatment of disease.)

Permit me to refer you to some articles which may interest you, and at the same time be as a key to the value of the treatment I advise.

See Water as a Curative Agent, page xv—Causes and Prevention of Diphtheria, which also applies to diseases in general and for all times—Diet—Fruit and Melons as Food—Air and Ventilation—Elucidation of Principles governing treatment—About Salt—Danger in taking Medicine, and a very interesting case—Medicinal poisoning. Curious cases of—Warming and Cooling Process—Bathing—Sweating, and a case of mercurial salivation, and a test case of sweating in venereal disease—Pouring head-bath, for philosophy of its action. And also Spinal or Back-bath, Sitting Back-bath, and Back application.—Atrophy, Marasmus, Wasting Away, with remarkable cases—Dyspepsia—Insanity—Falling of the Womb and Bleeding of the Womb, with instructive cases—Croup, and a critical case—Scarlet fever, contrasted results of treatment—Measles, and a case—Poison Oak—Consumption, with a very instructive case—Asthma, with a case—Apoplexy, with a case, and its treatment in a large audience—The Liver and a remarkable case of Abscess—My review of the subject of

'Colds,' so-called, and treatment, which ought to receive your careful attention. Also see Dy-entery, and an extraordinary case—Glanders, and Glanders in the human subject—Rheumatism, with a case—Small-pox under medical treatment—Cholera Infantum—Teething—Children, the various articles relating to them—Midwifery. An important article on—Maternity, with suggestive considerations—Blankets, linen and cotton. Read about them.—My theory of Fever, and a yellow fever case—Congestions and Inflammations, with two cases in contrast—My theory of Cholera and kindred affections—About tobacco—Bruises, with a case. The cases referred to, and others, illustrate the treatment and its value.

JOHN A. ROEBLING, the distinguished Architect and Constructor of the Niagara Falls Suspension Bridge, the New York and Brooklyn Suspension Bridge and other great works, was a firm disciple of the Water-Cure. Its teachers direct cold applications for bruises and sprains. Mr. R., during his supervision of the foundation work of the N. Y. and Brooklyn Bridge, received a severe bruise upon the ankle and foot. The treatment was undoubtedly cold: at least, gangrene ensued—which cold treatment will surely invite—followed by mortification and amputation of the leg; but too late; the virus had invaded the circulation, and in the midst of his greatest work, he died. My method of treating bruises would almost to a certainty, have prevented his sad fate.

In San Francisco I treated a case with most marked success, in which, under no other mode of treatment could any hope have been entertained of preventing mortification and death. The case I allude to was far more dangerous than Mr. Roebing's, because it was the hip and the top of the thigh which were injured. (See article, Bruises.) The sole use of cold water for the treatment of bruises and sprains is a woeful error, endangering life; and tends to diseased bones and deformed and stiff joints.

I take the liberty to refer to Mr. Roebing's case, because of his world-wide reputation, our personal friendship, and his constant advocacy of Water-Cure practice.

Mr. Roebing had been suffering from dyspepsia and nervous disorder during more than twenty years, when early in 1852 I became his physician, and had the gratification to see him restored to fine health within two months. Explaining the philosophy of my spinal bath, he pronounced it one of the "crowning glories of medical skill." He had previously been a patient of Priesnitz, at Graefenberg—had the most complete collection of Water-Cure literature—and probably was the best informed man in the country, in its teachings, beyond the few professionals of that day.

IS MEDICINE A SCIENCE?

It is a nice question, in many cases, which has done the most hurt, the disease or the remedy; whether, for instance, the child's health suffers more from the intestinal parasites which vex him, or from the destructive purgatives employed as anthelmintics; whether the cancer or the knife produces death more speedily; whether calomel or quinine be not pretty much such friends to the sick man as La Fontaine's good-natured bear was to the gardener, whose mouth he crushed while trying to brush the flies off as he slept. It is an equally nice question to determine whether there ever really does occur a critical period in any disease, when the direct action of actual medicine, *per se*, can turn back the wavering life from the jaws of death to the flowery meads of re-established health; or, granting the possibility of such a rare occurrence, do we not run too great a risk, as a rule, to be able to profit by it? These are nice questions, as I have called them; nor does the present condition of medicine entitle us to expect to see them answered. For these reasons, among many others, medicine cannot be called a science.

It must not be supposed, however, that the doctor's office is to become a sinecure because his drugs are voted rubbish and his methods false. On the contrary, we shall need him quite as much and his advice will be more valuable to us than ever. He will not have it in his power to do harm, and consequently can give his undivided energies to the pursuit of good. It shall be his office to teach us the fallacy of physic. He shall present to our minds in all its horrid array the atrocious enormity of medicine as once it was practiced, and so shall save many a poor sufferer amongst us from unconscious suicide. He shall be our perpetual beacon-light against the iron-bound, immitigable loadstone rock of quack ery, where so many fair keels lie untimely wrecked. In fine, he shall become to us the counterpart of that invaluable member of another profession, known as the chamber lawyer—a quiet man, of skill and experience, who abounds with all the wisdom and unction of pertinent counsel, and who never takes his client into court, where he is bound to lose, no matter how his case is decided.—*Edward Spencer, in "Atlantic Monthly" for May, 1876.*

MR. SPENCER, and all others will, or may find, that my volume is the fulfillment of his inspiration. It iterates and reiterates Prevention of Disease by Preservation and Promotion of Health, and endeavors briefly, but pointedly to throw strong truthful rays of light upon the errors and crimes of medical practice.

Medicine is never necessary or useful in treating disease, except in

cases in which one poison may be required to neutralize the effects produced by another administered poison. The human stomach was not designed for the reception of medicine, but for food and water.

Water-Cure is the Science of the Healing Art.

The treatment of disease with water, and a knowledge of nature's forces and action is truly scientific, because based upon known and fixed laws, and requires a deeper intuition and research than the blind and contradictory course of drugging, in which one set of doctors will administer one class of medicines, and another set just the contrary, for the same diseases!

The law of the Water-Cure is fixed: the only difference between other practitioners and myself being, that I have developed a more active, energetic, yet sufficiently mild course of treatment, giving more satisfactory results, especially in shortening the time required for restoration to health.

A misfortune that has attended the Water-Cure has been the inefficient management by so many of its exponents—mere speculators upon it—some of whom are now engaged in dosing with drug poisons.

Physicians in some instances have placed themselves and their patients under my care, perceiving that there was no relief for them through their own drugging system. A stronger testimonial could not be desired.

Within the past twenty-five years I think it is doubtful if I have averaged one severe case a year, which had not been first injured by medical poisoning, and then came to me as a last resort, after being about 'used up.' My patients generally were the 'forlorn hopes,' therefore the greater the vindication of the Water-Cure and my methods of treatment.

Is it not almost beyond belief, that at this late day in the nineteenth century, that otherwise fairly intelligent people can be found, who are so infatuated and blinded by custom as to be willing to risk the shortening of their lives and the infliction of suffering by medicinal poisoning by drugs, which, if they were taken when well would make them sick; instead of giving their preference to the only system that offers truthfully,—direct and at once, positive relief, free from all danger and doubt? It is.

In the *Boston Journal of Chemistry*, of recent date, is the following:—“Scarlatina continues to be a ‘monster of hideous mien’ and inspires dread in every household. * * * * * There is ground for hope that in the centuries to come, Scarlatina will be classed

among the curable affections, if its occurrence be not entirely prevented."

During the past third of a century scarlatina has been cured by my method in every instance, and it should never fail to be cured in any case, in intelligent hands (See Scarlet fever.)

Water-Cure is charged with being a one-idea system : true, but it is an idea that is as expansive as the 'boundless vista of eternity : ' an idea so comprehensive that it embodies within its scope the profoundest teachings of the ages that have passed, down to our day, and has, with singular perspicacity eliminated all, or nearly all the errors and crudities that have darkened the way of progress in the science of health and the cure of disease : yet the medicine-men almost universally oppose and reject its teachings ; and well they may, as they are the death-blow to medical quackery and empiricism. I lay my offering upon the altar of human advancement, as another step in the path of light.

Water as a Curative Agent.

The action of water in treating disease is always the same ; it never loses its effect. Cold is always cold. Ice produces the effect of ice, always ; as also does cold and hot water, and steam.

RELIABLE AND ALWAYS THE SAME, is indelibly affixed to its character. The very reverse must be affirmed of medicine, because of unknown contingencies : See *Danger in taking Medicine*, page 354.

DR. JOHN BALBIRNIE thus admirably endorses my assertions : — "The Water-Cure treatment can be so modified as to produce every physiological change and curative effort of the constitution that drugs can effect ; and to fulfil every indication of medical treatment : now to be a *stimulant** (exciting, tonic :) now a *sedative*, (depressing :) now an *anodyne*, (soothing pain :) now a *revulsive*, or *derivative*, (changing and counteracting :) now a *diaphoretic* or *sudorific*, (causing sweating :) now a *diuretic*, (increasing urine :) now an *emetic*—now a *purgative*—and each in the most salutary measure, and in a manner at once safe, certain, prompt and efficient. Medicines are confessedly unsafe, uncertain, tedious and insufficient—either going beyond or falling short of the effect intended. It is now clear to a demonstration therefore, that in the present state of science, drugs can be superseded by more trustworthy substitutes ; and they ought to be superseded, as not only useless, but injurious agents."

*I add the definitions.

"Drugs are immediately or ultimately injurious when wielded by the most skillful hands. * * * Water-cure will be the death-blow to quacks and quackery."

I add, that as an emollient or poultice, the fomenting wet bandage is unequalled ; and also for constipation of the bowels, with the aid of vegetarian diet and water drinking will never fail to correct the most inveterate conditions, whereas medicines would only doom to greater suffering and injury.

Water treatment is a success in restoring health after drug treatment has not only failed, but been productive of the most serious injury, as has been proved in tens of thousands of instances during the past fifty years.

Why Water is so valuable in treating disease.

The human system consists of eighty per cent. or four-fifths, of fluid matter—a sack of water, so to say—and that is one of the reasons why it is so impressible, and why it yields such admirable results to proper, prompt and thorough treatment.

LIEBIG, the great chemist, says : "Greater organic changes transpire in the human system under six weeks of active water treatment than in three years of the ordinary action of nature." (Letter to Sir JOHN SCUDAMORE.)

I accept this beautiful allegory of the poet SOUTHEY, in a literal sense, and say and *feel* it; and I hope you may be enabled to do likewise.

"Most blessed water! Neither tongue can tell
The blessedness thereof, nor heart can think,
Save only him to whom it has been given
To taste of the divinest gift of heaven.
I stooped and drank at that divinest well,
Fresh from the Rock of Ages where it ran:
It had a heavenly quality to quell all pain:
I arose a renovated man ;
And would not now, since that relief was known,
For world's the needful suffering have foregone."

"So hurrah for the water! hurrah! hurrah!
Thou art silver and gold, thou art ribbon and star,
Hurrah for bright water, hurrah! hurrah!"

Knowledge worth having.

To know what a 'cold' really is; how to prevent or speedily cure it, and prevent a fever: to know what a fever is, and how to cure it

speedily: to know how to treat bowel complaints with assurance of success: (and those affections are at the foundation of almost all ailments.) and all this with means that ought always to be at command in every family—is to be free from the terrors and trials of disease and the tender mercies of drug doctors. And then to know how to live for health and *do it*, is a blessing that you may justly covet, as it will make you independent of all mistakes incident to druggists, drug doctors and drug ‘doctoring.’ And this is just what my volume teaches in plain understandable English.

I have no animosity whatever, toward any druggist or medical doctor; (on the contrary, apart from professional disagreement, I have many respected friends in the profession, who through erroneous education, are blind to the errors of their practice;) but I detest drugs and abhor drug doctoring, recognizing the medical system as one of cunning, fraud and crime: deeming it a crime to administer poisons to the sick which would make them sick, if well; and common sense must concur in this opinion.

The treatise upon *Diphtheria* was originally designed for a separate volume, therefore it necessitated a full exposition of the causes of disease and means for prevention, as well as treatment especially adapted for its cure: and with Croup, Scarlet Fever, etc., which were to be included, induced to the addition of various articles upon Bathing, Bedding, Clothing, Diet, Sleeping, Ventilation, etc., etc., to which reference is made throughout this volume, and are suited to all circumstances.

The following unequivocal corroborative testimony to my teaching about the value of ice in diphtheria is from the *Walla Walla*, (Wash. Ter.) *Watchman*:

“*Strange but True*.—The family of Judge Waldron, near Weston, was sorely afflicted with that dreadful malady, diphtheria. Among the victims was a grown up daughter, who vehemently prayed for ice. The doctors forbid it; said it would kill her the moment she eat thereof. But when the tender father thought she was lost, and desiring to let her suffer for nothing, and to grant her last request, he mounted his horse, came to this city, procured the ice and returned to the bedside of his dying child. She grasped it and ate it like rock candy, and when she had her fill she felt better, and finally recovered.”

Instead of ice, as I prescribe for this and kindred ‘throat ailment,’ a recent number of a health *reform* magazine prescribes a drug remedy which, like all drug remedies would be more likely to fail than to do good; in addition to the fact, that it would necessitate access

to a drug shop and the employment of a drug doctor, whereas ice and cold water any mother or nurse can employ. Farther, this same magazine pronounces diphtheria as ranking for contagiousness and infection as second only to small-pox! which I positively deny; as does a medical gentleman who informed me he had treated more than three hundred cases; and another who had been conversant with several hundred cases in his practice and that of his friends, concurs in the same opinion. But it is understood that 'doctors always disagree.' See my views—Is it infectious or contagious? page 6.

Since this volume was commenced I have witnessed the first death from diphtheria—a bright and precocious little girl of about ten years. She had had a previous attack which had exhausted her vitality, and when I saw her it was evidently too late to resuscitate her; besides her 'vivativeness,' or 'love of life' was so small that when told that if she resisted treatment she would die, calmly replied—"well, let me die and go to my papa ——," who was in the Spirit-land.

"Hark! they whisper, angels say,
Sister spirit, come away."

Did she hear the voice and willingly respond? Persons in whom the organ is small, find it to be almost an effort to live when but slightly ailing. I have saved several who made no effort to save themselves; and to such death comes as a welcome visitor, and they often achieve great fame for their 'resignation to the will of Providence.' Unless such persons enjoy good health it is well for them to depart and be at rest. With love of life large, conscious mental and physical existence is a luxury—a joy—an inspiration, giving abundant desire and power to resist the approaches of disease and death, and often most successfully.

I have never lost a case of croup, measles, or scarlet fever. Under very peculiar circumstances I once lost a case of small-pox; but in all diseases not more than fifteen cases, during my professional career, although constantly treating old broken-down, chronic cases, that had 'run the gauntlet' of drug poisoning, and often through years of suffering.

As an evidence of the value and success of my modes of treatment, this fact assuredly claims notice.

Disease is universal, and the characteristics or symptoms are so well known that I have not been particular in giving them in all cases. If you are in doubt, get a doctor in whose knowledge and honesty you have confidence, to tell you what is the matter, and *pay* him for doing it; then 'doctor' yourself or another by my directions,

which will bring you out all right if anything can; but as a 'cold' or a fever, or bowel complaint, is at the root of almost all ailments, you can scarcely fail in using your own common sense. Sweating,—sometimes a little fasting, and drinking plentifully of cold water: and then again, wholesome food, will regulate disordered conditions on 'general principles;' especially if aided by the pouring head-bath and spinal or back-bath.

I have been obliged to make some repetitions in order to be explicit: but "line upon line, precept upon precept, here a little and there a little," is found in an old book of high authority.

Try to become familiar with the principles and methods of treatment while yourself and those around you are well; then you can hope to be calmly prepared for duty when the sick demand your assistance.

The great privilege and duty of the physician undoubtedly is to teach the preservation of health, which means the prevention of disease: but as the people now have their way, that will not pay, and consequently they put a premium upon imposition and for being *made* to suffer, for a doctor does not profit except through sickness. Would it not be a better course to pay an annual fee for the doctor's advice to preserve health, contingent also upon his services in disease? Then he would have an interest in informing himself for the promotion of your welfare. If such was the rule there would be no more prescriptions of whisky, wine, beer, or tobacco; and all the injurious condiments, fine white flour, tea and coffee, hog meat, concentrated sweets, etc. would be discarded; because these things all tend directly to injure health and create disease.

Through my intelligent and quick-discerning assistant, (during some thirteen years,) in the ladies department of my business, my zealous co-laborer and ever faithful friend, the late MRS. HANNAH S. ANDREWS, W. C. P. (universally beloved by her own sex,) I was enabled to acquire much valuable information during her administration of treatment for female ailments; which, otherwise, I could not have so well gained; and that it was an advantage to have such an assistant, all, and especially physicians, can realize. Her sex was benefited through her labors, and will continue to be through the pages of this volume.

Trusting that the advice and directions I have given will do all the good of which they are capable, and cast a bright ray of hope to dispel the gloom that may enshroud many a household, and avert still more of disease, suffering, and premature death—I send it forth upon its mission of duty, love and goodwill.

In the acquisition and accumulation of practical knowledge, in laboring for the welfare of others, and in battling against bigotry, ignorance and prejudice, if I have too much disregarded my own interest, yet I am consoled by feeling that mankind has been, and will be still more benefited by my labors, and that not having lived in vain, that I was Right ; and now I can adopt the spirit of the sentiment of America's noblest statesman—HENRY CLAY—when he said that he “ WOULD RATHER BE RIGHT THAN BE PRESIDENT.”

GEO. M. BOURNE,

Thermal-Sudatorist and

Pioneer Water-Cure Physician.

DIPHTHERIA :

WHAT IT IS.

It is simply an inflammation of the mucous membrane of the throat, in which, owing to its violence, the mucus secretion and the saliva become coagulated, forming a glairy coating, that thickens and hardens, and is termed a false membrane. If not prevented or removed, it may cause death by strangulation or suffocation ; or it may terminate as malignant or putrid sore throat ; or in typhoid pneumonia or inflammation of the lungs, and congestion of the brain.

It is attended by fever, loss of appetite, difficult breathing and swallowing ; the uvula, tonsils, etc., being inflamed and swollen ; and involves the air pas-

sages and lungs ; with general prostration of the nervous system. The 'specs' and 'patches' white or discolored, often referred to, which are seen in the mouth or throat, I assert are only the result of erratic action of the inflammation, and may or may not exist ; the whole surface being involved. I do not accept the hypothesis that this disease has its origin in, or is in any wise affected by, animalcula or fungi poisoning. Nor indeed is there the slightest warrant for it, no more than there is for such supposition in relation to croup.

Diphtheria—a term of ominous import, involving sad memories for tens of thousands who mourn their premature dead—signifies a *membrane* or *skin*, nothing more. Properly then, the disease recognized as diphtheria, should be *diphtheritis of the throat* ; or in plain words that all can understand, *inflammation of the mucous membrane of the throat*.

It is not a new disease, but as old as

civilization ; only aggravated by increasing physical debility, the effect of improper habits and modes of living.

The term diphtheria, was recently given to the medical profession by a French physician, to show that he was a Greek scholar, or to mystify the uninformed into a belief that some new and dreadful affliction had befallen mankind ; as the mass of the people are easily appalled or frightened by Greek and Latin terms, and a quack doctor (who will figure up the number of that class holding a diploma ?) will take advantage of their ignorance and fear, and in thousands of cases, unnecessarily medicate their children for the purpose of collecting large bills.

There are numerous distinct diseases of the throat recognized by the medical fraternity with their distinctive treatment ; but all of them are relieved and cured by the same means in water treatment, thus avoiding any risk of erroneous

practice; and while a particular portion is most affected, the whole is inflamed, and for all practical purposes, under a common sense view, is inflammation of the throat.

But for the mysterious name and the supposed new disease, thousands of motherly ladies would at once recognize an old acquaintance in sore-throat, complicated perhaps, with torpid liver, some kidney trouble, foul stomach, and a neglected skin. Then exercising their common sense in the treatment of children, they would save lives in thousands of instances where drugging positively does more in killing than the disease. The 'burning' (cauterizing) of the throat is as shameful as it is injurious and uncalled for.

Says a medical author, DR. REID :
"More infantile subjects are daily destroyed by the mortar and pestle than in the ancient Bethlehem fell victims to the Herodian massacre."

In San Francisco, California, for the year ending June 30, 1877, the Board of Health reported 912 deaths from diphtheria, being about one out of six of the whole number of cases. Of croup, scarlet fever, measles, convulsions, cholera infantum, dysentery, etc., I have not the returns, but doubt not that the number will greatly exceed diphtheria; and here we have a mortifying array of testimony to the incompetency and unskillfulness of the medical fraternity that should cause the people to inquire whether there be no better way. San Francisco being noted as the healthiest located city in the world, what a fearful record must some other cities exhibit. Throughout the Pacific Coast there has been a great fatality attending diphtheria.

Diphtheria, croup, mumps, scarlet fever, measles, and all active or violent fevers, and low as well, exist wherever nature's laws are disobeyed. On the mountain or in the valley; hot or cold;

dry or wet; in the palace or in the hovel; but of course, we expect to, and do find greater mortality among the poor and needy who suffer from deprivations of food and proper care and surroundings, than among those who are able to provide the usual comforts of life. But ignorance of the laws of health is not the exclusive attribute of the uneducated, by any means.

More than half of all the children that are born die before they reach their fifth year. It is time for the people to learn for themselves and not trust to the doctors, *whose interest it is to have sick people, and to keep them sick as long as there is a chance to collect a fee.* It is an almost invariable rule that the patient gets well when the doctor says "it is useless to give any more medicine." Sometimes, however, the patient is allowed to die - in peace, under the same admission.

Is it infectious or contagious? No; no more so than croup; but the same pre-

disposing causes and conditions will induce it, and other diseases, in all who are similarly situated, and thus give rise to the impression of infection and contagion.

Who are the chief sufferers from Diphtheria, Croup, Scarlet Fever, Measles, etc., etc.?

Children—Why? Because they are more delicate and sensitive than adults, and are more easily affected by malign influences. And as a rule, it is not the poor, puny little things that usually are the sufferers from the active or violent fevers, but the robust, fully developed—those having large promise of life; and they too are the very ones to respond to active treatment, and recover with as much celerity as they yielded to malign influences. And those being removed, there is no possible hindrance to a speedy cure if the treatment is natural and correct.

These high or active inflammatory diseases are easily cured if promptly attended to.

ITS CAUSES.

They are numerous. In the front rank must be placed the breathing of foul air in the bed-chamber ; in overheated and closed parlors and sitting-rooms ; in crowded and ill-ventilated churches, concert and lecture halls, theaters, lodge-rooms, social assemblages, etc.

Whatever will cause a 'cold' is the cause of diphtheria, croup, etc., if favoring conditions exist.

Deficient ventilation and a foul and heated atmosphere is really the *exciting*, and in very many cases the *primary* cause of throat and lung diseases, and they are more largely developed during the winter season, when doors and windows are kept closed, because most people,

young and old, are under predisposition toward disease, and the exciting cause of development is then most active. The loss of much sunlight during the winter, is also unfavorable to the general health ; therefore, the observance of all sanatory precautions is the more necessary.

Foul air originates in closed rooms, cess-pools, vaults, drains, ill-ventilated cellars, in decaying vegetation, and stagnant water, and is the infallible breeder of 'colds,' coughs, fevers, and their train of ills and woes.

In cities where water closets are placed in the houses connecting with the sewers or a vault, they are but ventilators to fill the house with poisonous gas, for no trap or hindrance to the admission of foul gas has been, or probably can be invented, as long as it is impossible to empty the basins without opening their escape. Water does not destroy nor neutralize the foul gas to any appreciable extent.

[Earth closets are the only salvation for cities. The sewerage system is a deception, only tending to breed disease, by corrupting both air and water. The earth closet is a mine of wealth to the enterprising operator or contractor, gardener and farmer.]

Diphtheria is always preceded by a 'cold' (inflammation), as also is croup, pneumonia, or inflammation of the lungs, pleurisy, bronchitis, consumption, scarlet fever (I say), measles, chicken pox, small-pox, bilious fever, remittent fever, and intermittent or fever and ague; and it will be a profound observer indeed that will correctly determine in the early stage of a 'bad cold' what the result will be; but the great advantage of adopting the treatment to be prescribed in this book is that it is of the same general character, and will be beneficial in whatever specific form the 'cold' may develop.

A 'cold in the head' is an inflamma-

tion of the mucous membrane of the nose, frontal sinus (lower portion of forehead), the lachrymal or tear sac, etc., and throat, which will be more fully described farther on ; and upon the degree of inflammation *with other conditions* depends the sequence, whether of diphtheria, croup, scarlet fever, or other form of disease. Every severe cold is attended with the risk of some one of the diseases named. To avoid taking 'cold' is of the highest importance ; and in living aright it is almost guaranteed ; at least, that serious results would be prevented.

The cause of diphtheria and of 'colds' are the same, inasmuch as diphtheria is but an emanation from a 'cold,' which, if neglected, the inflammation may extend to the membranes and glands of the mouth and throat.

Wet feet may cause a 'cold' by improper management. But one may have wet feet for hours, or all day, if in action,

without injury, if there is any reasonable degree of health ; but as soon as active duties are over, the feet must be undressed, and bathed in hot water, so as to restore heat, well rubbed, wiped dry, and dry stockings, etc.; also, if the clothing is wet it must be changed for dry. The difficulty with most persons is, that they dry their wet boots, stockings and clothing upon them. This is a mistake often leading to severe sickness, possibly to incurable consumption under drug treatment.

If warm water cannot be had, the feet may be washed with cold water, be well rubbed with towel, and then have hand-friction until warmth is established.

Next in order of ever present causes of inflammatory diseases are the ordinary dietetic and drinking customs of our people and age ; excess and error combine to undermine health and strength. We inherit a large measure of evil predisposition to disease, and the children

of each generation, with rare exceptions, are less vigorous, and have less power to resist malign influences; hence, we have arrived at a condition in which the fearful death-rate by this disease alone, proves my assertion correct, even if no reference be had to croup, and the other diseases of infantile mortality.

There was a time in our country when the people did not live in air-tight houses; when they were not afraid of breathing pure, fresh air, and when plain, coarse food, and but little variety at a meal sufficed; then the people were so strong and so healthy, that the proportion of the doctors to the population was as one to a given number then, to say, one hundred now. And DR. BENJAMIN RUSH, the father of the American school of medicine, wrote, in the early part of the present century: "We have done but little more than multiply diseases and increase their fatality." What would he write now?

Excesses in eating gross food is an active agent in creating disease. All animal food is in itself inflammatory. Added thereto, pepper, salt, mustard, horse-radish, curry, pepper-sauce, hot soups, fiery with pepper and salted to correspond; hot tea and coffee, rich gravies, pudding, pie, cake—and given to children—is it surprising that their blood and nervous systems are so poisoned that they are the ready-made victims of ails and aches that were unknown, or were scarcely noticed a hundred years ago? Add poisoned and poisonous liquors and tobacco, and there is so much cause for disease among both children and adults that it is surprising that well persons exist.

Inactive Skin.

Another prominent cause of inflammatory disease, is an inactive skin. There is not enough thorough cleansing of the skin and opening of its pores to permit it to perform its duty in freeing

the system of effete, or dead and poisonous matter; the consequence is, that the lungs, liver and kidneys must do more than their share of the labor of the system, overtaxing them, beside inflicting an injury which ought not to be done. The skin has an important part to perform in the human economy, and must be kept not only externally clean, but internally so, or *active*, and the only way in which it can be certainly done is to work or play until free sweating is induced, and then to wash off with warm water, and coarse wet towel, rubbing off all the exuded matter; or else to take a steam bath, a sweating-pack, or a warm water sweating-bath. Wipe dry with soft towels. The amount of dead matter that accumulates in a week, or ten days, is enough to astonish any person who has not realized it.

SYMPTOMS.

If not those indicated by a 'cold in the head' (which, however, should always be regarded as a premonitory or incipient stage) with inflammation of the throat, then they are pain and uneasiness in the throat, difficulty in breathing and swallowing, debility, lassitude and general feverishness, though it may not be violent.

There is always an inflammation of the mouth and throat, more or less violent, with discoloration in 'specs' and 'patches,' which I hold to be owing to some erratic action of the inflammation ; or the whole may present a whitish or ashy hue, or that of having been scalded. These appearances are owing to the absorption of the watery portion of the mucus and saliva ; the albuminous portion of the mucus having coagulated and solidified ; and this also, is the glairy coating which, increasing, forms what is

termed the false membrane. This is the condition of the throat and (or) mouth in what is termed diphtheria.

THE DISEASE. If this coating or false membrane is not absorbed, or expelled, a purulent exudation takes place, increasing it, and if the congestion continues, the air passage may be closed, and death ensues from suffocation or strangulation, as in croup. The morbid condition, as the disease increases runs into ulceration; and from the inflammatory action upon the windpipe, the bronchi or air tubes and lungs become affected; increasing debility and exhaustion is rapid and the brain becomes congested: coma or stupor follows, for which there is but one method of relief—the pouring head-bath, which also, administered at the commencement, and followed up during the progress of the disease will, in ninety-nine cases in the hundred, prevent the fatal stage which ends all hope for relief. In some cases foul, bloody

secretions from the membranes and the glands of the throat and mouth, and from the nose are discharged. Ordinarily, death follows.

The mucus coagulation—the false membrane—the ulceration of the throat, the conditions under which the medical doctors ‘burn’ (canterize) the throat, uvula and tonsils, is a barbarous, unwise and uncalled for practice which I render as unnecessary as it is unnatural, by simple counteraction by cold wet cloths and pouring head-bath; by ice; by plain water gargling; by hot water stimulation.

Properly and promptly treated, these dangerous conditions are *always prevented*, and may be arrested and the disease be cured. Be on your guard and on the constant watch, if you have children, and do not fail to *prevent*. Read close and remember what you read.

TREATMENT.

Fresh Air in large measure all the time.

If the diphtheritic disease is established, the first thing to be done is, to *relieve* the head and throat by the pouring head-bath. It may require ten or fifteen minutes, or more ; then give a full *warm* water bath from thirty to forty minutes ; keep water warm by adding hot water, and induce sweating if possible. With coarse towel, wet, give a thorough rubbing to open pores of skin. If a sitting-bath tub or wash tub is used the adult can put the feet in a pail or pan of hot water, and keep water warm by adding hot water. A child can sit with feet in the tub. Cover the whole person with a blanket to the chin.—(See pouring head bath.)

Before and during the bath drink freely of cold water or warm milk and water or some kind of warm herb tea, as may be most agreeable, but drink freely. If

there is soreness of the throat drink only cold water. Do not fail to get up a copious sweat, and finish by cold pouring head-bath and cold wet cloths to the throat, which are to be changed as soon as they commence to get warm, the object being to *keep* the throat cold.

The pouring head-bath and cold, wet cloths around the neck as often as is necessary to give relief, and to check the disease ; and continue the application always until relief is positive and unmistakable. The forehead and neck must feel stone-cold to the touch of the hand, *remembering* that primarily this is a disease of the throat (with possible complications) and that if the throat is cured all else can be accomplished.

Drink or sip cold water freely, or use ice broken into small lumps and melted in the mouth. It is so efficacious in neutralizing the formation of false membrane, and either causing its absorption or loosening it, and giving strength to

spit it out, that its use is directed in all cases (if to be had) of diphtheria and croup.

If there is a high or violent fever and it is not overcome by the pouring head-bath, which, however, I have never found to fail me, have recourse to the dripping wet sheet. Between the two aids any fever can be speedily subdued and local inflammations also. Cases may occur in which the throat may be so much inflamed as to require it.—(See dripping wet sheet.)

If the sufferer has been permitted to become so much exhausted as to render it necessary to lie in bed, and the legs and feet are cold, place to the feet a heated brick, wrapped in woollen cloth or piece of blanket, or in several folds of strong unprinted paper, or bathe them in hot water. Also bathe the hands and arms in hot water for some minutes, until a warm glow is felt throughout the body; and this too is the 'method of

methods ' to restore and add to warmth of system quickly ; and can be resorted to when steam or other baths might not be within command.

If the bowels are constipated, an injection of pleasantly mild warm water is to be given, and after an operation of the bowels has taken place, a tea-cup full of water to be retained may be given. A natural action of bowels and kidneys can be insured by copious water drinking, and by the use of the food prescribed ; the use of which should be urged to the extent demanded to keep up the physical energies. If the bowels are too much relaxed, apply cold wet cloths, often changed until the skin is stone-cold to the touch ; and continue at intervals until the looseness entirely ceases.

There may seem to be work in all this ; so there is ; yet it is not so formidable *in the doing*, after you are familiar with it, as it looks upon paper ; but re-

member, that you are assisting nature in curing a disease that, under medical treatment, is *sure death* to every other case, to one out of every five, six or ten ; (such has been) and that *you* can save through the knowledge of the means given you in this little book, quite possibly ninety-nine in the hundred. I would expect to do it, and would be surprised to fail, if called in time, to have the least chance for proper treatment. Thoroughness prevents suffering and delay in recovery.

DIET.—Milk, if to be had pure, to be boiled and thickened with Graham flour (unbolted wheat meal) quite thick ; or thick Graham flour or oat meal gruel or mush, or boiled rice and milk. Dispense with the milk if stewed dried fruits are equally as palatable ; and baked apples and pears, and ripe fruits also can be used ; but in any manner, use fruit freely.

No salted, peppered, spiced, greasy,

or animal food whatever ; nor pudding, pie, or cake, and not a drop of tea, coffee, chocolate, wines, liquors, nor any product of the brewery ; but give *all* the appetite craves and the *stomach can digest* of the wholesome food named, until the health is so far restored as to permit the use of bread and vegetables. I know what I am directing and you will be the gainer by observing my directions.

The water drinking, food, and the treatment will keep the bowels ‘all right.’

SLEEPING.—Between blankets, hard bed or mattress, rather than soft, and *must be hard pillow*. See also *Prevention and General Advice*. Make yourself familiar with the contents of the entire book, so that you can refer to any part at a moments’ need.

THE RESULT.—A child or adult passing through the ordeal of diphtheria under this course of treatment and diet, will

have none of the suffering inflicted by a medical course ; none of the sequences of poisonous drugging, 'burning' (canterizing) mutilating ; nor will the risk be run of being one out of three, five, six or ten, to be added to the population of 'the cities of the dead.'

By accepting the forewarnings and prevention, and the treatment herein prescribed, these premature deaths should be prevented in most cases beyond the range of helpless, hopeless, squalid poverty ; and on the Pacific Coast such cases surely need not exist, at least when disease afflicts, for there would be found willing helping hands and open purses for any pressing demands.

PREVENTION.

To prevent disease is certainly wiser than to suffer its inflictions and 'doctor' for a cure. In view of the universal and serious difficulty of getting children to take medicine, or any treatment,

when sick, I cannot too strenuously urge upon parents and nurses, and all, the wisdom of adopting such course of life as alone can offer a rational hope to retain or gain health, and thus prevent the calamity of disease, with its attendant labors of watching and nursing, and the ordeal of mental anxiety and suffering.

Disease for the most part is the result of direct transgression of nature's laws. By obeying the law we escape the penalty for violation.

Diphtheria—properly diphtheritis of the throat—croup, pneumonia or inflammation of the lungs, pleurisy or the inflammation of the investing membrane of the lungs, pleuro-pneumonia or inflammation of lungs and membrane, scarlet fever, measles, malignant sore throat, etc., are provoked by and originate in foul air, in connection with functional debility and inaction. Dependant upon the vitality and predisposition of the patient will be the peculiar kind of dis-

ease. One will have croup, another diphtheria, a third pneumonia, and so on.

VENTILATION.

AIR is the first necessity of existence : it must also be pure to meet the requirements of the human system. At all times an ample supply is requisite, but especially so at night in the bed chamber. As dwellings are universally constructed without reference to ventilation, the only feasible method of obtaining a supply of pure air in the bed chamber, is to lower the upper sash and raise the lower one until they meet in the middle of the window frame. The fresh air penetrates from below while the heated and vitiated respired air passes over the top sash. As it is not necessary to sleep in a draft, the doors of the room may be closed to prevent a draft, if desired. Sleeping rooms and family sitting rooms should always have a sunny exposure, and if you are afraid of curtains and carpets being

faded, take them out of the way ; but have the sunlight and air.

Foul air ; poisonous air ; this is produced in the manner already fully explained. Cleanliness then is demanded in *all* the surroundings of the dwelling, and watchfulness over the neighborhood also, to prevent the accumulations of offal and impurities of any description.

Reckless, indifferent, and ignorant people permit fermenting filth about kitchen drains and doors ; under pig-pens and in neglected privies ; and wherever these disease breeders exist, sickness is almost inevitable. Ashes or soil are good deodorizers ; and to a limited extent disinfectants for foul privies, drains and pig-pens ; lime is also good.

SLEEPING.

Strict attention must be given to secure a free ventilation of all bed-rooms during occupancy at night. It is not enough to have an open door, with the windows

shut, because a window may be open in the hall, or somewhere else about the house. *There must be an admission of fresh air into the bedroom, and an escape for the air which has been rendered impure and heated, otherwise it becomes stagnant and foul ;* and unless a room be large, even one person sleeping in it, with only an open door, so vitiates and corrupts the air, that in the morning there is a very perceptible foul odor, proving that foul air has been breathed over and over during a considerable portion of the night. This seriously injures the person, by deteriorating and poisoning the blood, and inflaming the delicate tissues embraced in the breathing apparatus.

Closed doors and windows for a bedroom ! In hotels, lodging and boarding houses, the halls tell the tale of the woeful ignorance prevalent. (Should not the managers be subject to censure in not providing for ventilation ?) On the

opening of the bedroom doors, a sickening stench, in some instances almost stifling, greets the nerves of smell. The homes of the people, too many of them, are not much better.

What a disagreeable odor is perceptible from garments that have been hanging in unventilated bedrooms, requiring days and weeks to fully free them from it. They are poisoned by the waste and fetid matter from lungs and skin of the sleepers.

In rooms into which the sun never shines ; in those which are windowless, or insufficiently lighted ; in the dark rooms of hotels and lodging-houses, a poisoned atmosphere ever exists, more or less intensified ; and with the cotton comforts and spreads unwashed or aired, for who knows how long a time—the very walls, carpets and furniture, have become saturated with the seeds of disease and death. If exposed to such influences, delicate and sensitive women

and children fall victims to disease from which, under medical treatment, a few days of acute suffering, terminates perhaps in death.

It is not necessary to sleep in a draft, nor would it be well to do so; but better that than no fresh air at all.

Greater attention ought to be given to the observance of changes in the atmosphere. The bed covering should be added to, or reduced, in accordance with the temperature. This is generally neglected, and the result is, that a warm night is very apt to be followed by a so-called 'cold' in the morning.

BEDDING.

Another important consideration is the character of the bed-clothing and its use. In the first place, only woolen blankets should be slept in. Secondly, there should be only one or two thicknesses above the hips, (but the climate must be considered.) Below the hips, as many

more as may be necessary to keep the extremities warm. The amount of injury by over-heating the chest by the retention of too much warmth, is incalculable.

Cotton and linen sheets, and cotton comfortables, quilts and spreads are an abomination, unless used merely for a finish in the make-up for the day, and must be thrown off or down to the foot at night. Why? Because cotton sheets, spreads, and comfortables, owing to the closeness of their texture, retain not only the insensible perspiration, but also the heat evolved by the person; which, when the atmosphere is warm, or warmer than usual, speedily reacts, and in the ordinary arrangement of bed-covering causes overheating, especially of the chest, air passages, and mucous membranes. To sleep too warm and in the foul atmosphere of a close room, *insures* the rising in the morning with a 'bad cold,' (so-called) and debility. To sleep

between woolen blankets, on the contrary, is to avoid the serious disturbing influences caused by cotton and linen, because woolen, being a non-conductor of heat, does not attract heat from the person, while from its more open texture, it ventilates sufficiently to prevent an accumulation in excess, and thus comfort and vigor can be insured.

In New Orleans, nearly forty-five years ago, I acquired the knowledge of the philosophy and value of sleeping between blankets, and their superiority over cotton and linen, for both summer and winter use, and have ever since discarded cotton and linen, and taught thousands of persons to their entire acceptance, to do the same.

Linen is a rapid conductor, and in itself is always cold. It never should be used for human wear or for bed sheets, even if cotton is. It is a leech—a robber—taking from the system its vital heat and passing it off by every possible avenue.

Renewing my remarks about cotton sheets and bed covering, (how many families have scarcely a woolen blanket or garment in the house, but can pile on loads of cotton 'comfortables')—I earnestly advise mothers and nurses to supply their beds with woolen blankets, and to let the children sleep between them and not overload them with covering, as is generally the case, because they are afraid they will 'take cold'; while the course they pursue in this direction, and fear of fresh air, *is the cause of the 'cold;'* and this is because they really do not know what causes a 'cold,' nor in fact what a 'cold' is. Farther on I will explain what it is.

Children are more susceptible to catching 'cold' than adults, and require more care and protection; they are more sensitive and have less power of resistance. I always recommend the sewing to the top blankets strong tapes, so as to tie in place on putting the child in bed; not

to use much covering above the hips, but plenty below, and see to it that plenty of fresh air can circulate in the room, then there will be no uneasiness, nor uncovering, nor catching 'cold.' If children sleep in flannel long drawers, as they should, less covering is required to keep them warm.

Children never should be allowed to go to bed with cold feet. If hot water or a fire to warm them is not convenient, wash them with cold water; rub dry with friction of the towel, and then add the friction of the hands until warmth is imparted and circulation quickened.

CLOTHING.

Underwear ought always to be woolen, and all garments to fit loosely; but this is a useless suggestion in the case of women, I know; still the fact remains unimpeachable: their skirts ought to be suspended from the shoulders, and prevent a vast amount of suffering. Wool-

en absorbs the perspiration, and, in cooling, retains the heat of the person, preventing the chill which otherwise would inevitably be felt in the moist and clammy cotton, which might lay the foundations for bronchitis or consumption. A facetious fellow is credited with asserting that he "liked to wear flannel, because when it was wet it was dry, and when it was cold it was hot ;" that is, being a non-conductor, no change was experienced in his feelings.

Men, women and children, should change every portion of day wear, at night, hanging up or spreading their clothing to permit it to ventilate and dry out the moisture of sensible and insensible perspiration. This is too much neglected.

Prevention of disease and its cure, depends so much upon the food we eat, and what we drink, that I must ask your considerate attention to my remarks upon diet.

D I E T

Is a very important consideration. Health and character largely depend on the quality and kind of food we eat, and what we drink.

Animal food is always inflammatory. A piece of beefsteak such as ordinarily would be consumed by a regular meat eater, would give me a diarrhea, or perhaps dysentery for several days. I am a vegetarian, and have several times experimented, with the same results, in every instance. Any one who will abstain from meat for ten or fifteen days, may have the same experience.

Hog meat, always, and in every shape and form, is unfit for human food. To say nothing about *trichina*, the hog is very subject to disease, and is almost always diseased when fat. It is subject to cholera; and scrofula is its own 'especial,' which it divides with a considerable number of the human family. The hog is often killed to 'keep it from dying,'

and it is a strong stomach that does not feel like 'throwing' when the mind reverts to 'city fed pork;' and that abounds where hotels and restaurants abound. Fed on offal, much of which is in a state of ferment and rottenness, what else than diseased meat do such hogs yield? Save me from even thinking of 'city fed pork.' It is a disease breeder. Scrofula: hog's disease. Those who value health, life itself, should never, never touch hog meat.

Hog meat has a most unfavorable influence upon the feelings of those who habitually use it as their standard meat; and to such an extent as to unfavorably affect general character, I fully believe, from my own critical observation; and combined with whisky drinking and the use of tobacco, raises the very old fiend himself within them. It will require a microscope to find one atom of the divine in such persons.

As disease is so prevalent under the

existing ordinary eating, drinking and other habits of our day, is it not reasonable and logical that a change must be made in them, in striving for health? Of course it is; and its necessity and advantages are being proved by an increasing number of experimental people.

What to Eat.

The natural food of man is grains, fruits and nuts. As we would read it in ordinary, it would be bread, vegetables and fruits; and is the best as well as the only proper food for the human family. It is best for all, children especially.

It ought to be bread or mush* made with unbolted wheat meal (known as Graham flour) as the grand staple, because wheat contains all the elements necessary to a perfect nutrition. It supplies all the needs of the body, in the

* Mush, porridge, meal-pudding, stirabout, represents the same idea.

brain, and nerve tissues, bone, cartilage, ligaments, muscle, the enamel of the teeth, vitreous humor of the eye, and the volume of blood. Accept it as a whole, unbolted, and thus realize all its benefits. ('Superfine,' 'family extra,' and 'bakers' extra,' brands of fine or bolted flour, are unfit for human use—are fit only for book-binders, bill-posters, paper-hangers, trunk makers, and other workers in paste.)

Use the unbolted wheat meal or Graham flour for bread, without fermentation or rising, if you wish it sweet, pure and wholesome. Next in order is *coarse* ground *unbolted* pure corn meal (if such a desirable article can be found), bread or mush, oat and rye meal mush, rice, potatoes, peas, beans, then the usual changes of other vegetables; with melons, ripe or stewed dried fruits, and baked apples and pears, instead of butter, gravies, or any kind of grease or meats. Pure milk might be allowed to

children particularly, but not in excess of mush or bread. In cases of extreme debility, for instance in typhoid fever, if milk is craved and other food is distasteful, I permit its free use.

Bread, and at most, two kinds of vegetables, with some fruit, if desired, is all the variety that should be indulged in at a meal. A very delicate child having a weak stomach, should be allowed only bread or mush and cooked fruit, at one meal ; or bread or mush and milk.

Potatoes and other vegetables should always be mashed for children, as they seldom or ever chew them properly.

How to Eat.

Every mouthful of food must be chewed until it is a soft, warm pulp in the mouth. It is difficult to teach adults this fact, and have them govern themselves. It will be more so to teach children, but it ought to be done, however difficult the task. Observing my rule of chewing,

and not drinking at all while eating, a natural gauge seems to be set upon the appetite : food is more enjoyable and by far more beneficial.

Quantity to Eat.

The rule is, to eat all you can fully digest, and according with the varying amount of labor or exercise. It is simply stupidity and ignorance that would set a gauge upon quantity ; as if there were no variation in atmospheric or other conditions, mental or physical.

When to Eat.

Eat when hungry, drink when thirsty. Horses know enough to do that, and we ought to know as much as horses. There is no more insane idea extant than eating 'regular meals ;' but this is not the opportunity to combat it.

Children in health are ever active ; brain and muscle are undergoing waste and wear continually. The compensa-

tion is in food, and if supplied frequently, the waste is made good and the up-building goes on at the same time, without overtaxing the stomach and assimilating organs. Rationally managed children ought to have food *when they feel the need of it.*

Children thus taught and provided for—the other adjuncts to health being also duly attended to—*cannot get sick*—or if they did, would soon get well. I make due exception, of course, for those who inherit a debilitated or diseased organism.

The *Bible Christians* of Philadelphia are pure vegetarians, abstaining even from milk, eggs and butter ; and in total abstinence from all liquors and tobacco—are Rechabites in the strictest sense. They have never lost a member nor a child through two seasons of epidemic cholera, nor from any contagious or infectious diseases ; and I hold that a *proper diet* and *plenty* of it, and *right*

life in all respects, will banish all infectious and contagious diseases. It is also claimed that not one vegetarian was known to have been affected by the cholera epidemics in New York or elsewhere, in 1832-4, or 1849. I hold also that fermented bread, especially that made from fine white flour, is a great detriment to health, and that fermentation is also a decided injury to the nutritious properties of flour, of whatever grain it may be made; and farther, I am satisfied that disease is originated and developed by fermented fine flour bread, rich cake and pastry. Fermentation is a great evil.

I know the unwise prejudice existing in favor of fermented bread; and of the trashy ideas advanced by medical writers and held by medical doctors in general; and that it is scarcely worth the effort to attempt to correct either. But I will add that those who prefer it, with all its drawbacks, are welcome to their preference and its consequences.

Cookery and Cook Books.

As light a bread as any one should require, can be made without yeast, from Graham flour. It is superior to bread made from other flour or by any known process of fermentation or rising. Those who would learn how it can be done, and how to cook wholesome, nutritious and palatable food, without filthy lard or other grease, and to dispense with animal food, may send to S. R. Wells & Co., 737 Broadway, New York, for *Hygeian Home Cook Book*, price 25 cents ; or in muslin, 50 cts. ; or for the *Hydropathic Cook Book*, \$1.25 ; and for another interesting and valuable book, *Fruits and Farinacea, the proper food of man*, \$1.50 (currency or postage stamps), or to the "*Health Reformer*," Battle Creek, Michigan, for *Healthful Cookery*, price 25 cents. Although I can live and enjoy superb health in a plainer style than they suggest, yet perhaps few would be willing to follow my example.

Children should not be allowed to use tea, coffee, salt, pepper, mustard, horse-radish, fiery 'sauces,' vinegar, spices, nor high-seasoned foods, soup, etc. ; nor concentrated sweets, viz : honey, molasses, syrups, sugar, and candies, as they only tend to injure the stomach and destroy the appetite for wholesome food. Their use invariably paves the way for worms, and invites all manner of infantile diseases. As the whole of the articles just named are not food, and are injurious to the users, therefore objectionable, adults should set the example of their disuse.

Salt consists, by weight, of six-tenths (more than half) of *chlorine gas*, one of the deadly poisons. As generally used in everything, it is a serious injury to the user, though unrecognized. Its use is especially injurious to *those who take mineral medicines*. It retards the decomposition of food and prevents digestion and assimilation. It inflames,

slightly perhaps in some cases, but constantly, throat, stomach, kidneys, bladder, liver, and is an irritant throughout the whole circulatory system. It is indigestible and indestructible. Like alcohol, it is an enemy and poison to the human system. Its evil effects are only to be recognized by those who disuse it for a few months and then return to its use; or by those, if such there be, who having never used it, make the trial of its effects. Although unseen, chlorine is always present in salt and can be chemically set free.

The irritating and inflaming properties of pepper, mustard, horse-radish, and the 'sauces,' are too fully recognized to require one word of comment.

There must be dietetic and drinking reform, or this people is doomed to national effeminacy and decay—physical, mental and moral.

Drinking and Spitting.

Drinking is a mere habit growing out

of the use of salt, fiery condiments, concentrated sweets, animal food, liquors and tobacco. Spitting is an evil and filthy habit. At least one half, or two-thirds possibly, of average men, spit themselves into diseases which often become incurable and cause premature death. The saliva is a most important secretion: its loss by spitting is an irreparable injury in many cases. For the healthy, at least, it is a well-spring of water springing up within them.

With the fires of alcohol and every species of irritating condiment and pungent spices—all in constant use—the delicate tissues of the brain, throat, lungs, stomach, kidneys, etc., are, figurately, being all the time ‘burned up,’ and eventually ‘burn out.’ Add the use of tobacco and the eternal spitting; and then the pouring down into the stomach of hot and strong tea and coffee; with the interlude of unlimited cold water drinking to put out the all-consuming

fire which is raging within, it is almost a miracle that one man in ten lives to reach the age of five and twenty years.

Women happily, both through a more delicate organism and social restraint, can not and do not give way to the excesses which men commit. If they could and did so, it would be a safe calculation to anticipate that this planet would not be peopled by the human race in a not distant by-and-by. The Indians are being 'run out;' and we will 'run out' ourselves unless we change our style.

If you can not consent to embrace vegetarianism, at least make as near an approach to it as you can; by discarding the gross meats, fiery condiments and pungent spices, rich puddings, cake and pastry; and save yourself from head-ache, dyspepsia, etc.

Experiments.

During the past thirty years I have

made several experiments of three months each, upon the usual mixed diet, (hog meat excepted,) and always have found myself the worse for them, verging into the same ruts of nausea, headache, etc., to which other persons are so generally subject, from which, as a vegetarian, I am always exempt.

A Long Walk. A Test.

As a test of the value of unbolted wheat meal, (Graham flour,) as *sole food* under severe labor, in my sixty-sixth year, I walked from Portland, Oregon, to San Francisco, (by the route I took) a distance of over eight hundred miles. Leaving Portland on the 27th day of May, 1872, at 4 o'clock, A. M. I averaged twenty-four and a half miles per day, carrying a knapsack containing my wheat meal crackers, made with water only, baked in Portland, and forwarded by express to various points along the route. These, with a little stewed fruit

to be occasionally had, constituted my sole diet. During the thirty-four and a half days I consumed thirty-nine pounds of crackers. My loss of weight was one and a half pounds.

During many days, in fact all through June, the heat ranged above ninety and as high as ninety-eight, at three o'clock P. M., about the hottest part of the day. Farm-hands, wood-choppers, etc., would say 'what you are doing would kill me.' Wheat—unbolted meal, or cracked, or the whole grains boiled soft—is the grand staple of life, and the supply for a healthy and vigorous existence.

Upon one pound, or a pound and one-half of unbolted wheat meal made into bread or mush, a laboring man can perform a heavy day's work, and better than he would upon four pounds of beefsteak.

As a matter of choice, during the past six months, my food has been chiefly boiled wheat. Pure seed wheat, 'picked over,' well washed, and boiled soft. Dur-

ing the year 1850 I experimented for the period of nine months, in living upon uncooked vegetables, grains and fruits.—Result satisfactory. In 1852, in San Francisco, I lived during an entire month upon wheat only, merely soaked soft in cold water. Result very satisfactory.—Consumed forty-two pounds of Chile seed wheat.

Exercise.

For persons in health or sickness, there is nothing like sunlight, air and exercise. Play or work hard enough to sweat, and ‘wash off’ in warm water, with cold head-bath, and cold water to arms and legs. Those who are unable to do more than walk up and down hill, should do that. Send to S. R. Wells & Co., 737 Broadway, New York, for *Family Gymnasium*, \$1.50; and *Movement Cure*, \$1.50—currency.

Sunlight. Sun-Bath.

Without exposing the head to the sun’s

rays, to be in the open air, and have the influence of the sun upon the person, is highly advantageous. A parasol or small umbrella should protect the head; not a hat.

BATHING. BATHS.

As a *preventive* to disease, and an aid to its cure, bathing is not rightly understood or valued by the people in general. If it was, there would be much less sickness than now exists; and if all habits were natural and correct, sickness would be almost unknown; as at some time in the future probably will be the case.

A thorough bath, or washing all over in warm water, not less than once or twice a week, or oftener, is a necessity so great that neglect to do it brings its own punishment. The water should be pleasantly warm to the user; and in a warm and well-ventilated room is always preferable. If such arrangement is not practicable, a *daily* devoting of fifteen or

twenty minutes to a towel bath, with cold water and a wet coarse towel, with brisk and free rubbing, will be quite an aid to health and to keep the skin clean and pores open. Wipe dry with soft towels.

Children ought to be washed clean with warm water and be well rubbed every night.

A full bath should not be taken until two or three hours after a meal, but a mere towel wash may be taken in an hour or more without injury. Many deaths from apoplexy have occurred within my own knowledge during the past fifty years from bathing too soon after eating.

The Warm Water Bath.

My rule in bathing and washing, is to use a coarse towel, wet, for cleansing the skin, and to do all the rubbing with it while the skin is wet, reserving the finer towels for wiping dry. This reverses

the general practice, but more than fifty years experience satisfies me that it is the best mode. The coarse towel is quite as serviceable as the flesh brush.

The duration of a bath may be from thirty to forty minutes, or more, if agreeable. Copious sweating may be induced by drinking several glasses of cold water during the bath. Finish by bathing head, face, hands and arms freely with cold water. Adults must govern themselves by a sense of refreshed feeling.

Cold Water Bath. Swimming.

Healthy, robust and active persons may take a full cold water bath or a douche-bath of the duration of five to ten minutes, keeping in motion by rubbing—also taking into consideration the degree of coldness of the water. The swimming bath may be prolonged to ten or fifteen minutes if the water is not cold enough to produce a chill; but in either case that is to be avoided. Two and a

half to three hours after eating is the the proper time for a cold or warm bath.

Salt water bathing ought always to be followed by a thorough cleansing with fresh water.

Dry the hair as much as possible, and if the hat must be worn soon after a bath, raise it frequently to permit the warm air to escape. Every hat should have a hole or holes equal to the size of a silver dollar, in the crown, to ventilate the head and to *prevent* suffering and baldness. I consider the head covering (hat and cap) worn by men, to be one of the curses of civilization.

SWEATING.

Its uses, and two Extraordinary Cases and Cures.

This is the most efficacious means by which the circulation can be equalized, and poisonous matter be eliminated from the human system.

I once kept a case of horrible mercu-

rial salivation, under a profuse sweating during fourteen and a half hours. I had him lying in bed in a dry pack, and having magnetized him, kept him in the magnetic sleep during the whole time. At my request, but unconsciously, he drank some twelve quarts of water, all of which he threw off through the sweat glands. The second day, also magnetized, sweating eight hours; reducing daily, until at the end of the week he was perfectly cured. When he came to me his suffering was excruciating, owing to medical maltreatment. He could communicate only by writing, and had not slept during an entire week, and was almost insane.

For poison oak I have kept scores of cases sweating in the steam bath, from three to six hours, making cures with one bath, where five half-way baths would not have been half as effectual.

In administering these long sweating-baths by steam, all that is required is to

be moderate, watchful, have a free supply of fresh air, and drink freely of cold water, to sustain the stomach, and compensate for the fluid lost by sweating. Such a revolution is effected in the system as would not be credited by those having little or no experience in the administration of steam baths.

I have given as many, at least, as fifty thousand steam baths, unaided; and more than as many more aided by others under my supervision. I have a record of nearly ninety thousand, which was not commenced until some two or three years after I entirely abandoned the wet sheet pack. So I consider it no presumption to speak as an 'expert.'

I have given a number of methods for sweating, so that a selection can be made of that one which is most convenient.

Nothing but sweating can be relied upon as a cure for *mercurial salivation*. Say five steam baths of three or four hours' duration, drinking a large quantity

of water ; or, not less than ten baths, of two hours each. The effect produced by long baths is in compound ratio ; it may be aptly compared to baking a loaf of bread. If taken out of the oven half baked, the effect is to spoil the flour ; and short baths fail to accomplish a purpose, for the same reason that the flour is spoiled by half-way work. Notwithstanding the evil effects of mercury in all its forms is so often witnessed, 'scientific' doctors are daily under fee to perform the evil work of administering it.

In scrofula, sweating is the only reliable and perfect remedy. See Atrophy, and a case, in proof of its restorative action.

Sweating is a good substitute for exercise, but it does not compensate for free fresh air and sunlight.

Sweating in a test case of venereal disease.—This case is given in evidence to prove the efficacy and superiority of sweating and diet over all 'regular' medication.

Early in 1853, in San Francisco, A. B., a man of fine physical proportions, called upon me and stated his case, which was tertiary syphilis, desiring my careful and candid reply to the question, if by my system of treatment he could be cured. After a careful diagnosis of his case, I replied that I thought he could ; but whether it would require six weeks, six months, or six years, I could give no assurance.

He remarked : ‘I believe you are sincere, and it is well for me that you can speak so confidently ; for I came here prepared, (rising from his seat), in case your system could not offer hope of a cure, to (drawing a six-shooter from his pocket) blow my —— —— brains out ; and in less than ten minutes from this time my dead body would have been lying in the chapparal ’—which was not far distant.

He had lost the sight of one eye, and the other was fast failing ; the first joint

of each thumb was already consumed down to a mere button, and altogether he was in a fearful plight. He gave me the names of fourteen of the 'standard bearers' of the 'regular' practice under whose care he had been, and constantly getting worse. He was pronounced incurable, and in that condition he came to me to receive the 'assurance of hope,' or to commit suicide.

With my strict diet, two steam-baths a-day of from an hour and a half to two hours, followed by a short sitting-back-bath to each, this man left me on the forty-seventh day, satisfactorily cured. Clear sight was restored to the remaining eye, and the stumps of his thumbs (the buttons had fallen off) perfectly healed.

The immense quantity of medicine which he had swallowed had done him almost as much injury as the disease, beyond a doubt.

Beyond this test case in early days in San Francisco, I always refused to treat

this class of disorders, deeming it unjust and improper to jeopardize the welfare of others, who might by any possibility be brought into contact with it through towels or bathing appliances of my institution.

A *sweating bath* is the most valuable adjunct to the maintenance of a healthy condition of the system, and is unequalled as a means of restoring health, as it equalizes the circulation, increases its energy, removes congestions and inflammations, and is of the greatest value in curing colds, coughs, and all affections of the throat and lungs. Every family should be provided with some convenient permanent arrangement for the purpose, as they should be taken once a week by persons in health, unless they sweat freely and wash frequently, or bathe with warm water.

Some medical sapients have pooh-poohed the idea of exudation of effete matter by sweating, asserting that the

effete matter which is rubbed off after sweating, is solely cuticular or surface matter, or 'dead skin.' This is my refutation: I have had disputants and others take ordinary water baths daily, during a week; then, on the eighth day I would follow by a steam bath, and give them a coating of exuded matter which is thrown up by rubbing. These trials have reference to persons of sedentary habits, whose labor or exercise did not cause them to sweat. From whence came the exuded matter?

The properly administered steam-bath is superior to any other for the promotion of health, but not those in which the steam or hot air and the effluvia from our own person and (monstrous) from those of a dozen or twenty others, must be inhaled. Every house should be provided with a steam-bath arrangement. There is nothing more simple and easy, and can be arranged at a moderate expense. A steam-bath may be extempo-

rized in many ways, at no expense beyond the time and trouble of giving it.

Steam and Sweating Baths.

A simple plan for a sweat is to sit upon an old chair or stool, with a pail two-thirds full of boiling water placed under it, into which a brick heated nearly red hot is to be put, after being seated and properly covered with a large blanket or blankets. If the first brick is not sufficient, a second or third must be added, removing the previous one. A sheet should be folded several thicknesses and be placed hanging down under the legs, to keep them from being too much heated by the steam from the hot water. Another plan is to heat a brick, have thick woollen cloths soaking wet in boiling water in a tin pan, wrap the brick in the cloth, which also raises sufficient heat to get a good sweat, or a second one will. The feet must be in a pail or pan of hot water.

And yet another plan is to lie down on a bed with two thicknesses of blanket underneath, one extending to one side and the other to the other, with a sheet doubled upon the blanket, having an arrangement previously made of hoops framed like the bows of a wagon cover, and mortised or nailed into two light framed pieces, say four feet long, two feet wide, and one foot high at the tops of the bows, which are stayed by two thin lengthwise slats to which the bows are nailed, and is placed over the person to bear up the blankets, so that the heat and vapor can circulate throughout. The pan with the brick and wet cloths is placed at the foot, having previously arranged the covering—first a sheet doubled and then the blankets; and then the whole is closed so as to keep the heat in, especially about the neck, as it should never be breathed or allowed to flush up to the head, which is never covered. The brick may have to be changed once

or twice, and additional water added upon the cloths.

Many persons are familiar with the method of sweating with alcohol, or a 'rum sweat'; it is equally as serviceable; the object being the sweating.

Fresh air must be freely admitted into the room, and water copiously drank during the bath. After sweating, finish by a pouring head-bath, or freely bathing head and arms with cold water.

FAINTING.—Avoid such an excess of heat as will cause fainting. Be attentive, but if it occurs be calm and quiet. Cool air in a few moments generally restores, or with a little cold water sprinkled on the face.

In some instances, by consent, I have carried steam-bath treatment to fainting, to promote a more rapid cure; notably, in poison oak, and other cases of extreme suffering; the entire relaxation of the nervous system permitting a change in conditions, not otherwise so quickly

effected. I do not recommend it to others to do, but simply to show that fainting is not a cause for alarm, unless there has been gross neglect. Finished by washing off and a pouring head-bath, there will be no lassitude or evil effects.

A good sweating-bath may be taken by sitting in a tub of warm water, with the feet in a bucket, or pan, of quite hot water, a blanket being wrapped around and closely covering the whole person to the chin. Drink freely of cold water, or if preferred, warm milk and water, or some kind of herb tea, as may be agreeable ; but cold water is the best.

Sweating-Pack.

This may be taken either as a wet sheet or a dry one. The wet sheet, as usually employed in enveloping, makes the user such a confined prisoner, that I do not wonder that so many reject it. The way I arrange it, is to have the patient lie on the back, and with the sides

of the sheet envelope each leg separately, covering the body, and so arranging the arms as to envelope them, but giving them free separate motion. In that way nervous and excitable persons may be packed, without detriment to their feelings. Blankets are to be under the sheet, and an ample quantity to wrap up closely and be tucked in, so as to retain the heat of the body. It is usual to tie them around the neck. As there is no particular advantage in using the wet sheet, take your choice. The objection to the wet sheet is that so many do not react promptly and properly. It is not so in the dry sheet. Be warm when you go into the pack. By drinking from a pint to a quart of cold water, or a pint or more of some warm drink, and placing the hands and feet in warm water for a few minutes, you can start a sweat ; then go into the pack, and as soon as you commence to sweat freely, drink more cold water or warm drink, as best suits

you. Stay in the pack and sweat copiously from one to three hours, if you require much relief. Always attend to the bowels before going into the pack. After it, wash off in warm water, but if you cannot have it, use cold, and rub thoroughly with a coarse towel, wet, to cleanse the skin. Wipe dry with soft towels. Finish with a pouring head-bath, or a thorough cooling of the head, face, neck and arms.

A Steamer for Steam-Baths

Is made the same as a tea kettle without a spout, with the usual cover *soldered in*, and in the center of it a pipe or tube two and a-half or three inches long, tapering from three-quarters of an inch at the connection with the kettle, to half an inch at the top, for the attachment of a rubber hose. Also another tube or pipe of an inch diameter, and about three inches long, for a filler, using a funnel. Four quarts of water will give steam for a bath

of an hour or more, but it is well to watch that it does not get too low. Add boiling water, if required.

An old lounge or a cot can be temporarily placed in the kitchen for the purpose of a bath, using a piece of three-ply half-inch rubber hose, of some eight or ten feet long, to get away from the heat of the stove.

I have named these various modes for obtaining a sweating, that among them one may be found convenient for use when needed.

Always remember to attend to the bowels, etc., before going into a bath. It is necessary to be particular about it.

A pleasantly warm room, but well supplied with fresh air, is always desirable for bathing in, and is most advantageous to the bather. Admit as much fresh air as may be necessary to prevent the settling of steam or moisture on the windows. The comfort and welfare of both patient and attendant requires this precaution.

Many persons give themselves great uneasiness when bathing if they feel the slightest current of fresh air. They at once conclude they will catch a 'cold,' having no knowledge of what a 'cold' is. The air which they would exclude being a preventive of what they dread.

See head-baths, pouring head-bath, spinal or back-bath, back-application, sitting back-bath, half-bath, and douche (doosh) bath. Also see Chest for steam-baths, steam or sweating robe ; and emetics, as a sweating-bath.

**Elucidation of Principles observed in
directing treatment for the ailments
or diseases specified in this book.**

In the human system, heat, in proper measure, is the very essence of life. The balance destroyed, suffering is produced, more or less intense. Death is the loss of all physical heat.

The fundamental ideas or principles

which I teach and enforce are: the equalization of the blood circulation, and nervous forces, by adding to the vital warmth of the system if too low, and by reducing it if too high, (fever or inflammation) by opening the pores of the skin and giving greater escape for the retained heat. Both of these effects are produced by the sweating-bath.

If the vital warmth is deficient, there is a temporary compensation by the warmth of the sweating-bath, or by a quite hot water bath, until sweating is induced. Then nutritious food will give its better supply of vital heat; both together creating an action which insures the most satisfactory results.

If there is too much heat (fever,) the opening of the pores of the skin by sweating, causes it to escape, together with an over-heated watery portion of the blood, at once carrying off effete and poisonous matter of the system, relieving the whole internal organism and the nervous system.

This compound process, or result of sweating, is made the more effectual in reducing surplus or retained heat (fever or inflammation,) by adding after sweating, the cold head-bath, cold dash, rubbing wet sheet or cold douche (doosh); and the recipient of such treatment emerges from the operation with increased hope, and a feeling of renewed energy and life force.

This loss of fluid by sweating, is fully compensated by drinking freely of cold water while in the bath: it also adds to the cleansing process in sweating. The individual who happily experiences such treatment (sick or well,) is truly renovated; and enjoyed as often as it should be, will be rejuvenated, renewing 'youth like the eagles.'

Counteraction.

Common sense ought to teach people that when one is 'burning up' with fever, say, the first duty is to remove the cause and counteract the effect. Such

is my rule and guide. I do it by equalizing the circulation and giving it tonic action. The allopath or 'regular,' proceeds upon the principle of counter-*irritation*. His drugs produce another action, or other disorder to neutralize the first, so that in fact there are two disorders instead of one, and then nature is expected to cure both; but by this time nature has become too much exhausted to help herself, and then the patient is fortunate in escaping with life.

Reaction.

Cold application, by baths or wet cloths are to be discontinued as soon as the desired effect is produced, to permit reaction—when it is to be renewed, if necessary; and so on alternating, as too long cold action is to be avoided.

My aim is to *relieve, assist* and *strengthen*,—nature to cure. The allopathic system teaches to *irritate, stimulate* and *depress* for a cure; at last

trusting nature to effect it. The prolonged struggle between life and death to recover lost vital force, has been witnessed in tens of thousands of instances and does not require rehearsal. I have no wish nor intention to misinterpret or misrepresent the wretched system of practice which is more than decimating our country and prematurely filling its cemeteries. Said a leading undertaker: "If all the doctors were like you, Dr. Bourne, our business would be ruined." That is, they would not thrive upon natural deaths (old age) on this coast, at this era.

FRANCIS COGSWELL, M. D., says — "It is my firm opinion that if the medical profession, with its prevailing practice, *were absolutely abolished*, mankind would be infinitely the better."

JAMES JOHNSON, M. D., editor of the *Medico-Chirurgical Review*, says — "I declare as my conscientious conviction, founded on long experience and reflec-

tion, that if there was not a single physician, surgeon, man-midwife, chemist or apothecary, druggist nor drug, on the face of the earth, *there would be less sickness and less mortality than now prevail.*" [The italics are mine.]

"That the medical profession has not realized the world's expectation, is lamentably true," said the STATE HOSPITAL COMMITTEE of the California Legislature of 1853, all of whom (nine) were allopathic or 'regular' doctors, and are presumed to have known what they meant.

Prof. B. F. BARKER, M. D.-- "The drugs which are administered for the cure of scarlet fever and measles, *kill more than those diseases do.*" (My italics.)

The same may truly be said of diphtheria and croup, cholera infantum or summer complaint, and dysentery.

Prof. WILLARD PARKER, M. D.-- "As we place more confidence in Nature and less in preparations of the apothecary, *mortality diminishes.*" [My italics again.]

These authorities I quote because they wrote concerning their own profession.

The Water Cure system is not chargeable with such offences against humanity as is implied in these statements. It comes as a savior; yet those whom it would save persecute it as far as possible. Truth crushed to almost its extreme limit; and why? Because it strikes at the roots of ignorance, evil appetites and habits; and is God's own call to a higher and better life.

Definition of terms used in relation to Treatment.

Warm, hot, cool, cold, are relative terms and are *as it is* to the user. Unless but little removed from idiocy this is a safe rule; because the sensation produced is the measure of action upon each individual.

The nervous, or nervous-excitabile

person—blue or gray eyes, brown hair, fair skin; or the sanguine temperament—florid complexion, blue eyes, and auburn or red hair, will be more sensitive and more easily impressed by heat and cold, than one who has a dark coarse skin, coarse black hair, and is fleshy, or else of rugged frame. Different degrees of heat and cold are required to produce a similar sensation in individuals of diverse temperaments, and to give the desired effect. Even when I employ the term stone-cold, it may only be relative.

It is useless to prescribe baths to be regulated by thermometer; as in the first place, the degree of heat or cold may not reach the particular case; and next, the instrument is not in common use, and may not be at hand. I consider my rule the best for a standard, and between the patient and the attendant should surely be rightly understood and employed.

The more vitality there is the more

active the treatment may be, without prejudice or injury. In great debility, the treatment must be adapted to the strength—the object being always to build up.

WARM.—Giving a genial and pleasant glow of feeling.

HOT.—Giving a sensation of elevating heat.

COOL.—Giving a refreshing feeling.

COLD.—Giving a decided feeling of shock to the nerves.

STONE-COLD to the touch of the hand. This gives a positive and peculiar sensation which is unmistakable, I think.

C R O U P .

(*Trachitis, Cynanche Trachealis.*)

Diphtheria belongs to the same class of violent inflammatory action, causing the formation of false membranes. I consider croup by far the most dangerous disorder, as the seat of its disturb-

ance is such that the swelling and false membrane can so much quicker close the windpipe, the top of it being the seat of the disease, and cause death from suffocation.

I have never known a case of croup to occur in a weak, puny child ; invariably those of active circulation and full habit ; such an one as can offer effectual resistance with prompt and proper treatment, and recover from an attack almost as rapidly as it yielded.

Is there a mother or child's nurse who is not familiar with its warning notes ? Its premonitory tones ? It commences with difficult breathing ; husky, rough, and as it progresses, a convulsive crowing cough. And now there is danger ahead, and imminent also ; not a moment to be lost. Children are so often put in bed at night with so little ailing them as to attract no attention, yet die before day dawns. Again, they are listless, restless for perhaps a day or two without

seem^{ing} to require much care, but remember how sensitive, how impressible they are, and *take no chances*. Give baths, cold water to drink, fresh, free air; attend to their sleeping. Prevent ailing, by watching and care.

The first difficult case of croup which came under my care was some thirty-five years ago, a little boy of three or four years old. It was about three o'clock in the morning, in the dead of winter. Ice abundant, and in this case was the thing needful. The child was purple in the face and neck, suffocating and in convulsions. In thirty minutes time I assured the parents that the child was 'out of danger.' On the second day he was 'playing and around out-doors.' Only the parents who were eye-witnesses, ever believed the story of this case. Since that date I have never lost a case of croup, and have taught hundreds how to treat this disease so successfully, that the disease to them has no terror, provided cold applications can be made.

Water can be made more efficacious if not as cold as it ought to be by being poured from an increased height. It also can be cooled by being placed in a shady situation in the wind : but at night, when most frequently required, it can soon be made cooler by placing it in tubs out-of-doors.

A gentleman who heard me in a lecture in an Atlantic city, describe croup and give my treatment for it, met me some twenty years afterward in San Francisco, and told me that he had been instrumental in curing several severe cases of croup ; that he was then living in a neighboring bay county, and that only a few weeks previously he had assisted a mother in saving the life of a fine little child that three medicos had given up to die. At that stage of the case he went to the mother's house, told her what he knew about croup and offered his assistance. As the doctors were out of the case and death was the

doom, she was wise enough to try for herself, and success was the result. Oh, that people would learn more of the practical utilities in life.

WARNING.—A 'cold' is a *standing warning* in croup, diphtheria, measles, etc.

Never put a child in bed that has a 'cold' or is feverish, without first giving it a good warm water bath, or thorough washing, and finish by bathing its head, neck and arms with cold water. Dry the hair. A hard pillow for its head to lie upon, and see to it that there will be abundant fresh air in the room during the night; and do not 'pile on' the bed-clothes heavily on the upper part of the body. *Remember this.* I cannot repeat it too often.

SYMPTOMS. —A 'cold;' feverishness; difficult breathing; husky cough, and as it progresses, a convulsive, crowing cough.

TREATMENT.—If the symptoms of the disease are exhibited in feverishness and difficult breathing, do not wait for any

other but give the pouring head-bath; until it has effected the object for which it is given, viz: to reduce the inflammation and cause the head and neck to feel stone-cold to the touch of the hand; and unless it is effectively done, add the dripping wet sheet, (which see) and apply cold wet bandages around the neck, changing often enough to keep the neck cold. Use ice broken into small lumps to melt in the month; or sip or drink cold water as soon as possible if ice is not to be had.

As soon as the throat is relieved, discontinue the cold applications a few minutes, to permit reaction; and so on alternating.

Keep the feet and legs warm by bathing in hot water. Hands and arms also, if cold, immersing the wrists in all cases.

This treatment properly, promptly and thoroughly administered will not only prevent a fatal termination in croup but restore to usual or better than usual, health within from twenty-four to forty-eight

hours. In fact, it robs croup of all its terrors if ice or very cold water can be obtained.

The sweating-bath must be added, to make a thorough and perfect work of the cure and to prevent a renewal of inflammation, always finishing by the head-bath and bathing neck, arms and hands with cold water.

In very critical and severe cases, such for instance as my first, to which I have alluded, I employ a collar of ice, (so to call it,) around the neck. My method is this: break the ice very fine, spread a layer say about an inch thick and of about a width to cover the neck, upon a soft piece of muslin or a handkerchief fold and pin it together to keep the ice in place and put it around the neck closely. Keep it in place three to five minutes. Take it off for about same length of time; put it on again; and so on, until speech is restored and the ability to swallow is established. It will do it;

but great caution is demanded and only in extremest cases should it be resorted to unless the operator is calm and collected. As a rule, ice cold water would be the safer method of application, But where treatment is not resisted and prevented, between the range of ice and steam, water can almost resuscitate the dying. (See ice or snow poultice.)

Thus treated, a death from croup is not even probable; and the same may be said of diphtheria, if promptly and properly treated. *But promptitude and thoroughness is salvation.*

MUMPS.

Inflammation of the parotid glands.

(*Parotitis.*)

Another of the inflammatory affections of the throat. It is known by a painful swelling under the ears, or it may affect only one side. It commences by soreness and uneasiness at the angle of the lower jaw and if treatment is immediately

taken, may be subdued before any serious distress is felt; or in fact may be said to be prevented.

TREATMENT.—The pouring head-bath. Also, the dripping wet sheet until the upper portion of the person is quite cooled. Gargle with cold water. Bathe feet and legs in hot water. Fomenting wet bandage around the neck, to be wet and reapplied perhaps as often as once each hour or two, depending upon the degree of local inflammation. The head-bath and dripping wet sheet might be very beneficial if given twice a day. Subdue the local inflammation and swelling by attracting the heat to the surface and causing a general tonic action. This is effected by the treatment directed. (See pouring head-bath and dripping wet sheet.)

QUINSY.**Inflammation of the Throat, or Sore Throat.***(Tonsillitis.)*

Ordinary sore throat. Unless promptly attended to, it may 'run into' malignant or putrid sore throat, diphtheria, croup, etc. It is, in fact, the incipient stage of any one of those diseases. Preceded by a 'cold.' Not to be trifled with.

SYMPTOMS. — Voice husky; speech, breathing, and swallowing difficult; throat and tonsils swollen, inflamed, sore and painful; generally violent fever.

TREATMENT.—Same as for a 'cold' or for diphtheria. If feet and legs are cold, keep warm by hot bath; and hot bath for hands and arms, keeping the wrists immersed.

If tonsils or throat are ulcerated gargle with water as hot as you can bear it. If not ulcerated gargle with cold water. Also use ice in small lumps, or snow, to be melted in the mouth.

Repeat the process as often as may be required to give entire relief.

If the fever is violent and the inflammation of the throat severe, it may be necessary to add the dripping wet sheet, the object being to speedily attract excess of heat from the throat and the entire system, as also to create tonic action.

(See Malignant Scarlet Fever, Malignant, Putrid, or Ulcerated Sore Throat.)

PHARYNGITIS. LARYNGITIS.

Inflammation of the upper and lower portion of the throat and trachea, or windpipe. Treatment — same as for mumps, which see.

U V U L A .

Inflammation and Swelling of the Uvula.

(*Uvulitis.*)

The uvula, the fleshy protuberance from the upper and back part of the mouth, is subject to inflammation, and may become so much enlarged and

lengthened, as to not only make breathing and swallowing difficult and painful, but also to create a violent and irrepressible cough under ordinary drug treatment, which may lead to complications of bronchitis or consumption.

The usual 'regular' treatment for enlargement of the uvula and tonsils is to 'cut' them ; that is, take off a portion of them ; - and even hygienic authority admits a contingency to warrant such a course. Now, to my perception, with my knowledge of the proper treatment in such cases, it does seem that it would be just as rational to cut off a leg because one had sprained an ankle ; or to cut off the nose because of the existence of a violent inflammation of that member. However, I am not quite certain that anything is too preposterous for the 'regular' practice.

TREATMENT.—Same as for a 'cold,' by which the local inflammation is reduced through the attraction to the surface, by

the heat abstracted by the pouring head-bath, and the addition of the dripping wet sheet. Use ice freely in small lumps to melt in the mouth. Gargle with the coldest water. Drink cold water freely if ice cannot be had.

Use the coldest water for head-bath, and unless the water is really cold, add to its efficiency by pouring from an increased height, and continuing it longer. The dripping wet sheet may be added if additional reduction of heat is requisite.

WHAT IS A COLD?*

A Cold in the Head? —Catarrh?—Influenza?—Causes?—The whole subject Criticised and Reviewed.

Such indefinite, undefinable, not to say ridiculous, ideas about 'colds,' 'catching a cold,' having a 'cold,' and locating it, prevail, that there is nothing too

* I use this idiotic term under protest in every instance.

preposterous to be expected in relation to the subject; and yet what can be more simple, rational and truthful, than to accept the evident fact that one has an inflammation? for that it is, and act in accordance with reason.

A 'cold in the head'—the usual form—is an inflammation of the mucous membranes of the frontal sinus or cavity (situated at the lower portion of the forehead); the lachrymal or tear sac and duct; and the nose and connections; which, when severe, causes 'scalding-hot' watering of the eyes and a hot running from the nose; and such an affection is stupidly called a 'cold'! If not checked, the inflammation extends to the throat and affects the bronchi or air tubes and lungs, and may end in any of the fatal complaints treated of in this book, or develop other complaints.

Innumerable lives have been sacrificed to the universal ignorance of what constitutes a 'cold.'

Influenza.

The general similarity of habits in eating, drinking, dressing, sleeping, etc., under certain atmospheric conditions, causes a general contraction of 'colds,' (an epidemic); then they are termed influenza, which is not 'catching;' that is, is not infectious or contagious, though so general, because unwise habits favorable to disease universally prevail. Influenza is only an aggravated 'cold'—with fever—severest in the cold season of the year, at the time when gross food is most consumed, and the least possible amount of bathing or washing to keep a clean and active skin, is done. There is, therefore, seemingly a fashion in disease.

The atmospheric conditions favorable to the contraction of 'colds,' and when marked, to influenza epidemic, are not in themselves disease breeding or miasmatic, or in any wise deteriorated; but simply changeable, from cold to sudden mildness or warmth. The people do not

make due allowance and change with the temperature as they should ; the result being inflammatory affection. You will notice that I refer only to changes in temperature.

Being so fortunate at the commencement of my professional career as to embrace a clear perception of what constitutes a 'cold,' I have ever treated it in a rational, scientific, and successful manner.

That lives have been, and will continue to be, sacrificed through ignorance, is not to be questioned, because the term 'cold' carries with it a popular impression that in some way or other, the cold air has something to do with the ailment, and forthwith the fresh air must be shut out of the house, and there must be no exposure to it, or even breathing it, if it can be prevented. Extra bundling up with neck-wraps and clothing commences ; stimulants are resorted to ; extra cotton comfortables or quilts are

piled upon the bed, while every effort is made to prevent admission of fresh air to the bed-room; the result being a rapid increase of suffering. Fever sets in, in earnest; the doctor is called in; a tedious sickness is probable; and most fortunate they who escape loss of time, suffering, a heavy expense in fees and medicines, and—the services of the undertaker. And all this is because the doctors will permit the people to delude themselves by calling a *heat*—a *hot*—a *cold*. (Most idiotic term.)

Of course it makes no difference whether the ailment in itself is called a cold or a hot; but when it *does* make such a difference in the mind of the people *that the conduct based upon it* is to result in tedious sickness, or speedy recovery; in continued existence upon earth, or premature death, it is fraught with momentous consequences.

Probably nine-tenths of the deaths from asthma, bronchitis, consumption,

pleurisy, pneumonia, and the entire train of throat ailments, and some other diseases, originate from this woeful ignorance on the part of the people in relation to *what a cold is*.

Rightly understood, the cure of a cold is one of the simplest, as well as one of the surest processes in the healing art. But ignorance of this fact, and its sequences, furnishes to the medical profession its harvest-field. Will the people expect its members to prevent them sowing the seed for their rich crop, to be reaped in due season? Of course not; and if the people wish to avoid suffering and to enjoy life—to be saved and to save their children, they must *intelligently learn to save themselves*.

Instead of paying the doctors to treat for sickness, pay for knowledge of how to get health and how to keep it. That is the purpose of this book through its citation of causes of disease, prevention, and system of treatment, both general-

ized and special. Will the medical fraternity thus teach? When they do they will no more prescribe, nor stand sponsors for brands of whisky and other liquors, wine, or the products of the brewery, nor order the use of tobacco. Fee the doctors to teach you how to keep well; implicitly obey their instructions; stop the pay if you are sick. If they are ignorant of the right way, they will then try to learn. You will make your interest their interest; the very reverse being now the case.

A 'cold' is an inflammation, increased heat, fever, local or general. When it originates once from the action of cold air, or even getting wet, it is a hundred times the result of over-heating in bed, perhaps covering the head with the bed-covering, and day and night breathing a vitiated atmosphere; from excess in drinking liquors, hot tea or coffee, hot soup; excess in eating, especially of gross and hot food, with fiery condiments; or

being shut up in heated and ill-ventilated rooms.

Hats. Caps.

Wearing the hat or cap (by men and boys,) when the head is sweating, or the hair is damp or wet, and the prevalent habit of oiling the hair—acts as a stimulant or fomentation, and causes an excessive action of the mucous membrane of the frontal sinus, nose, etc., and this also causes a catarrh or ‘cold in the head’; being one of the many causes of its universal prevalence. Every hat or cap ought to have a hole of the size of a silver dollar, or its equivalent in smaller ones, in the crown, to ventilate the head and neither ought ever to be worn within doors. Caps that lie close to the head are not fit for use.

There is no such disease as a ‘cold.’ One may become chilled from the loss of physical heat in a cold atmosphere, and may be frozen to death; but that is not disease in the usual sense of the word.

Undoubtedly, excessive cold, or exposure to a strong current of cold air, or even a brisk, cool breeze, may provoke a catarrhal inflammation by unequal absorption of the watery portion of the blood. The mucous membrane of the nose having less resisting power, is, therefore, most affected. Congestion of the blood-vessels of the nasal passages follows; hence excess of local heat, which is recognized as *inflammation*, which is the *product* of functional disturbances, and is not identical with, but totally dissimilar to, the disturbing cause.

Going out from heated, ill-ventilated churches, theaters, and other crowded assemblages into the cold air, it is credited with giving a 'cold,' whereas it really prevents the 'cold' from getting worse than it will be.

It is the heat and impure air of the place from whence the person has emerged which has caused the 'cold'—inflammation. Just settle this point for

yourself. Do you not remember that during the first hour, or more, that if you heard any one cough, that it was, perhaps, only an isolated case, or two? But after that time had elapsed, how was it? Was there not a regular chorus, increasing in numbers, until the assemblage was dismissed? Of course there was; and the effect is such as to mar a whole evening's enjoyment, very frequently too, during the cool or cold season of the year.

Instead of calling this inflammation a 'cold,' and heating up, as is the usual mode by extra clothing, stimulants and irritants, common sense dictates the reverse; and, in this case, the homœopathic teaching is sound doctrine: Cold and unequal absorption of the fluids producing the disturbances—cold and moisture will restore the equilibrium, and so demonstration proves it to be. But heat and vitiated or foul air, also causes this inflammatory action, perhaps a hundred

to one of the cold air cause; and here the homœopathic principle fails, for heat and foul air would make matters infinitely worse, as is now found to be the case under the usual modes of treatment.

Removing the cause, or causes, proceed to remove the *effect*, which, being inflammation, or excess of heat, is reduced by cold water, or cold wet cloths (the last is best for debilitated cases), both of which speedily absorb the surplus heat, and act, at the same time, as a tonic to strengthen the capillaries (the small blood vessels), and the lymphatic vessels, and enables them to perform their usual duty—the cure being thus perfected.

If we must have a term from a dead language, *catarrh* is preferable, but it conveys no definite idea to the average mind. Just what that mind needs is, to get at the fact of *what a cold is*. To say you have, or I have, an inflammation of the nose, throat or stomach, would con-

vey a correct idea; but mystery best suits the doctors, and by far too large a class of minds.

Only let rational people understand that a 'cold' is a heat or inflammation, and that a counteracting treatment with a few quarts of cold water, and a clean and active skin, attended to at once, is all that is needed to cure it, and very soon an army of doctors would 'step down and out,' because the treatment is so efficacious, and the result so certain and speedy, that this great enemy is more than half conquered in knowing how to meet it.

Ask the question -What is a cold? to learn the amount of ignorance in relation to it. See if you can get a correct answer. I have been asking it during more than a third of a century, and I wish to be understood as asserting that a more puzzling question could scarcely be propounded to otherwise intelligent women and men. Doctors have replied:

“Well, I suppose it is an inflammation.” Excellent—a cold is a hot! Most admirable logic. During all these years I have been trying to correct the false and evil impression which this idiotic term produces; but error takes a giant hold.

CAUSES. —The same that I have assigned to diphtheria, both for ordinary colds and influenza. All infringements of sanitary law have a penalty attached to them.

Catarrh.—‘Cold in the Head.’

This affection is so well known, that any farther description is superfluous. Its commencement or existence, however, is at once recognized by an irritation of the nostrils, and by sneezing. Accept the warning, and as soon as possible proceed to

BATHE the top of the head, the forehead and face with cold water, very cold if to be had, until the forehead and nose ache and are fairly painful; stop for a

few moments, and as soon as the painful sensation passes away, repeat the application. Do this as often as may be required, until a feeling of *perfect relief* is experienced. I have taught children how to manage for themselves, and parents have often been amused seeing them dabbling with water, by asking what they were about, to receive the reply, "taking a nose;" and when attended to in time is all that is needed to arrest a serious disturbance.

But, if neglected, by taking the more energetic course directed, as follows, in a short period of time an affection that might end in death, through consumption, is relieved; and however severe, is cured; hundreds of dollars, precious time, and much suffering—often life itself, is saved.

Chronic Catarrh can be cured through persevering treatment, and attention to general health.

TREATMENT FOR A 'COLD.'

'A Cold in the Head.'—Catarrh.

Head-baths.

THE METHODS.—The cold water, and the colder the better, may be applied by the hand to the top, the sides and back of the head, forehead, face, and particularly the nose, as already stated ; or,

The head, forehead, upper portion of the face, nose included (breathing through the mouth,) may be dipped into a basin or pail of the coldest water to be had, until the head and face feel painful ; cease a few moments until the sensation passes away ; then renew the application, and so on, until the forehead feels *stone-cold* to the touch of the hand, and *perfect relief* is felt. The cold water must be renewed in the vessel, if necessary, to keep it cold. The top, sides, and back of the head must have their full share of the application, and experience the same feeling of cold action. Again—

Pouring Head-bath.

In taking this bath, the person must bend the head down over a tub to catch the water, or in some convenient place, when an attendant pours a steady, though moderate, stream of cold water over the head, always commencing with the top, and then over the sides and back of the head, rubbing the fingers through the hair until it is well wet, or the water will pass off without producing the proper effect. It is to be continued until the head is very cold, in fact until it is quite painful; then rest a few moments until it passes away, renewing it in the same way several times until the head is permanently cooled and the inflammation is subdued, which will be the case if persevered in. When it is convenient, the head may be placed under a faucet, letting a moderate stream run over it. To be continued and treated as in the preceding description. Take a full measure of this bath over the sides

and back of the head, and be thorough. I always place one hand on the line of the eye-brows, making a basin of my hand as it were, to catch and retain the water on the forehead.

If given to one lying in bed, the person must lie with the face downward, the head over the edge of the bed, with a tub to catch the water; the head being sustained by the attendant's hand, in the manner just above named. Three pails of water should be sufficient; but if not, the water in the tub can be used again.

The water must not be poured upon the head from a height of more than a few inches. If a stream from a faucet is used, not to have too much force on.

The head-bath can be taken without reference to eating, as I sometimes employ them just before, and immediately after eating.

By whatever method the head-bath is taken, it *must always commence* with the top of the head or forehead, and both of

them, before the sides and back of the head. The back of the head last, and if there is much heat of the throat, treatment may be extended to the throat until it is also stone-cold. Behind and around the ears to be made very cold.

Either method will produce the same effect if governed by *promptitude* and *thoroughness*. Child's play is omitted.

The philosophy or law of the pouring head-bath is this : the running stream of water attracts and carries off heat faster than an equal amount of water would, if in a vessel, and can be more conveniently taken. Then as to the reason for its use : the nerves which control life's highest energies, viz : those of the lungs, stomach, and by their ramifications, the heart, etc., etc., have their origin in the skull ; and then the brain itself, the seat of all motion and power, receives a quickening and tonic action which gives vital energy, equal to Nature's capacity. Congestion, inflammation, impairs the func-

tion of the brain and life nerves in exhaustion, and the cold application can alone restore it. There is no conception of the number who have prematurely died from coma, or stupor, who might have been saved by the cold head-bath.

If there is violent fever or local inflammation, and the head-bath has not given all the relief desired, it is because it has not been thorough. Either repeat it or take a dripping wet sheet.

Dripping Wet Sheet.

A sheet of ordinary thickness, in this case linen is best,—large or small, according to the size of the person, to reach from head to feet,—is made dripping wet. Standing behind the person to whom it is to be given, it is held in both hands, in such a manner as to be quickly thrown around the person, (in front it will be double), and properly at first, as it creates quite a shock, to be tucked in between the legs, and then the

attendant briskly rubs over the whole person with the hands, until the sheet is warm. Have another and apply it, and so change, wringing out the warm water that the sheet may be kept cold, and continue the application until the body is of a pleasant natural warmth, or even cool or cold. The last vestige of fever can be subdued by this process. To prevent slopping as far as possible, the person may stand in a tub.

This is an active, positive, yet mild derivative, permitting quick reaction in debilitated patients.

Continue treatment by a copious sweating, if possible, by any one of the methods suggested herein, or by any other with which you may be familiar; or at least, by a thorough washing with warm water, and good rubbing with wet coarse towel, during which sweating may be induced by drinking freely of cold water, or some kind of warm herb tea, or warm milk and water. One sweating

is usually sufficient, and if the cold is a forerunner of measles or small-pox, is a good preparatory.

Finish by another head-bath, by either method. If any irritation of the throat is still felt, repeat the head-bath, and then wear the fomenting wet bandage around the neck.

It is necessary to have a woman's hair held up while taking a head-bath, to prevent wetting more than can be avoided, and to remain hanging loose upon the back until dry. To dry the hair is the rule in all cases.

Fomenting Wet Bandage.

This valuable appliance consists of a soft old linen towel or piece of soft old linen table cloth, folded four thicknesses, or more, wet with blood warm or cold water, and *squeezed* dry enough not to (but just on the) drip, and is used as a local application for the throat for coughs, sore throat, etc., and upon the breast for

the lungs, as well as other portions of the body. It is always covered by several folds of flannel, so as to prevent the air from reaching it, and is *bound close to the parts, but not tight enough to affect the circulation or respiration, when it is placed around the neck.* Should the wet cloth not get warm, or afterwards get cold, it must be taken off and the part be rubbed until warm. Then replace the bandage more carefully and it will always get and keep warm until taken off in the morning, if applied on retiring for the night. If worn day and night, it requires wetting at least three times. There must be two sets, so as to keep them well washed and sweet. They require to be securely pinned or fastened to keep them in place. Bathe the neck with cold water after using the bandage.

When placed on the lungs, it is necessary to have some sort of a jacket or waist that can be made to fit tight, be-

cause the wet bandage *must* be kept in place and close to the skin. The bandage for the lungs must extend from the neck downward as low as the ribs, and cover the entire front of the chest. It must be from four to six folds thick if of old towel or table linen, and not less than eight or more if of paper muslin.

I have found one yard and a-half of white paper muslin, with all the stiffening washed out, a good bandage for the neck, wetting about twenty to twenty-four inches of the bandage, so as to have double wet thickness in front, over Adam's apple, (thyroid gland and cartilage); but one yard will answer for small necks. Fold lengthwise in the middle, then again and again; which makes it about the width of the hand. In this as in most things, there is a right and a wrong way. Try to get the right.

'Nose Stopped Up.' 'Head Stuffed Up.'

By observing the preceding directions and giving special attention to the forehead and nose ; and as soon as the nose is at all relieved and freed from the thickened mucus, by gently drawing or snuffing up the cold water (not drawing it through the nostrils into the mouth) the very annoying stoppage of breathing through the nostrils, and the injury it inflicts upon connecting parts will be obviated in an incredible short space of time, although the affection may have existed for many hours or even days. If any failure to cure is experienced, or in curing a 'cold in the head,' by either of the methods of applying cold water as prescribed, it will solely be owing to misapprehension or carelessness on the part of the user.

If chilliness is produced by the cold applications—shivering—it will do no harm. Place the arms or hands in a pail or deep basin of water as hot as you

can bear it, having the wrists covered by the water, and in a few minutes the feeling will be entirely removed.

So positive is my knowledge of the efficiency of this method of curing, as by magic touch, that I can confidently assert that in my hands it *can not fail*—at the risk of my life upon the result. And all intelligent men and women may so accomplish themselves in it as to truthfully make the same assertion. I will, however, have a clean and *active* skin to assist, and the delay of an hour or two will suffice for it.

Any common sense, intelligent person can do what I can, if they will, and for such my book is written, with a view to free them from all doctors, by keeping well; or if the misfortune of being sick overtakes them, that they can cure themselves and their children, inasmuch as the fundamental principles in relation to the attainment and preservation of health are herein presented.

I have endeavored to make my directions throughout so explicit, that none should fail to understand them. But take time when in health to get a correct impression fixed upon the mind and there will be no difficulty in giving the treatment.

I urge upon all who would themselves be benefitted, or who would desire to benefit others, to observe the following suggestions or rather, charges : Be Correct ; Be Decided ; Be Prompt ; Be Thorough ; Be Courageous ; and all will go well as far as your action is concerned.

FOR A COUGH.

Coughing is an effort to relieve an oppression of the throat, bronchi or lungs ; and sometimes of the esophagus or gullet, the food passage to the stomach. Of course the effort is hurtful if prolonged. In these cases, in addition to the treatment for a 'cold,' wear a fomenting wet bandage around the neck

until relieved. Gargle with *cold* water, frequently. If your trouble is severe enough to interfere with business duties, give up business until you have attended properly to yourself, and do it up in a business style, if a man.

Promptly attended to at the commencement, it is quite probable that wearing the fomenting wet bandage, only one or two nights will break up a severe cough. Relief is often experienced within an hour or two.

The dietetic rules must be observed in relation to hot food and drinks, and irritating condiments, etc., in severe cases of head, throat and lung affections, even if acute; while in all chronic cases, their observance is imperatively necessary to assist the treatment.

This subject of 'colds' is so important, and has such a direct and weighty bearing upon the theme of this book, that it is, in fact, but its continuation; and if fully comprehended and promptly

acted upon, is the *true antidote* to diphtheria and croup; and quite possible, to erysipelas, measles, and scarlet fever, etc.

HOOPING, or WHOOPING COUGH.

This is a disease almost limited to childhood, and less severe than in adult age. Under the ordinary medical treatment, it is not only attended in a majority of cases with great and prolonged suffering, but may end fatally.

SYMPTOMS.—Those of an ordinary ‘cold in the head,’ or catarrh, are the preliminary, followed by feverishness and chilliness, and a dry and hard cough, ending in the regular whoop.

TREATMENT.—Same as for a ‘cold in the head,” adding the dripping wet sheet twice or three times during the twenty-four hours. Drink cold water freely, and use ice in small lumps, to be melted in the mouth. The ice or cold water to be employed as often as the paroxysms (or fits) of coughing threaten, or oftener.

The fomenting wet bandage for the chest is also to be worn at night especially, if it cannot be properly, during the day.

Keep out of hot rooms. • Be as much as possible in the open, fresh air. Fresh air in the bed-room at night, always.

DIET.—As prescribed in all cases, and as much food as can be digested.

The amount of treatment must be in accordance with the strength of system of the sufferer, as in all other cases ; but sufficient to alleviate and give efficient relief. It will be found more efficacious than any other method of treatment for one of the most stubborn of all diseases peculiar to childhood. If prompt treatment be given for a 'cold in the head,' this disease might be greatly mitigated or possibly be prevented.

F E V E R .

What is a Fever?

Theory of Fever.

NOTE.—In all fevers, especially the eruptive, the utmost attention must be given to ventilation and the admission of cold air in the sick-room. Also to frequent deodorizing. (See ‘Deodorizer.’) The dripping wet sheet is directed in the eruptive fevers, not only as a derivative, but to give tonic action, and to prevent the disease from ‘striking in;’ in other words, to assist the effort of nature to relieve itself. The wet cloths upon the face in small-pox with same object, and to prevent ‘pitting.’

I have never met with a satisfactory solution of the question—What is fever? An apostle of medical reform, accepting the old, old teaching of Hipocrates, says it is an effort of nature to throw off disease. In that case fever is not a disease but its remedy. But what is the fact? Is it not *the* disease itself, against which every effort is directed for a cure? Of course it is. But hypotheses and speculation from the earliest period down to our day, for thousands of years, have left nothing settled in relation to the chief source of human ailment, by men of eminent pretensions, professors

of the science (?) of medicine and practitioners of the healing art. Science forsooth: science where all is confusion and contradiction; while science is established truth and perfected knowledge.

A new theory of fever, or what I might better term, a theory of fever, seeing that I accept the idea that *theory is fact illustrated*; and that is the essential difference I make between hypothesis or speculation, which is not built upon fact.

It is a most important question to settle. To know what a fever is, is to *know* what will relieve it and assist nature to cure; at least such should be the case.

Having for a great many years (about a third of a century,) had this question before me, with ample opportunity to satisfy my mind by investigation and demonstration, the conviction has been forced upon me by evidence, in opposition to all previously announced hypoth-

eses, that fever primarily is *accumulated or retained physical heat in excess ; and that the result of that excess* is exhibited in various forms, from various causes, and with varied intensity : as fire gives a red or a white heat.

The chief cause of excess of physical heat, accumulated or retained, is, I infer, from an inactive skin, the pores being in a condition which unfits them for the performance of their work, which is of such a character that the most serious consequences follow failure ; as for instance, fever. The capillary blood vessels and the lymphatics also become engorged or congested, from the state of the blood, the liver and kidneys being inactive, or the lungs failing to perform their duties. Under such conditions the heat of the system is retained until such an excess accumulates that one so afflicted feels as though burning up or ready to burst asunder.

The brain, the source of all nervous

motion and emotion, seems to be the center of feverish disturbance. The whole burden of the disordered system is laid upon it, crying for relief; and from hence, through the nerves, which have their origin in the cranium or skull, that relief is more speedily given than through other means.

Fever being heat in excess, how should it be treated? By reducing it. How shall it be accomplished? By counteraction, or attraction through the agency of cold water, the most rapid conductor that can be employed; the most satisfactory relief being given within from fifteen to thirty minutes.

The causes which give character to fever and distinguish its action are many. The most malignant forms of fever arise from a combination of improper habits of diet and drinking, and the use of tobacco; being a deficient nutrition, and an exhaustion of vital force by those narcotic poisons, and a residence in a

hot and malarious climate. I allude to the bilious fevers, bilious congestive (so called), the racking fever and ague, and the yellow fever of the south and southwest and elsewhere.

The same causes, with inactive liver, and other visceral derangement, give rise to the eruptive fevers—small-pox, chicken-pox, measles, scarlet fever, erysipelas, etc. The malignant, or non-malignant character depends greatly upon the previous habits of eating, drinking, etc.

It is not my intention to discuss the subject of the various fevers—my limits will not permit—yet it is within my scope to give such general advice as will prove of great advantage to all intelligent persons who will use reason and discretion.

Whatever form a fever may exhibit it matters not. The treatment for fever will either effect a cure at once or greatly mitigate the severity of the disease, aiding a speedy cure.

Emetics : a Sweating-bath.

As the stomach is always in an unhealthy condition in fever, it is necessary to cleanse it by emetics : the following method I have satisfactorily pursued from the commencement of my professional life.

Emetics—There is no other method for taking emetics so unobjectionable as drinking water, which is to be as warm as tea or coffee is usually drank. The quantity requisite to produce the result is sometimes as much as three pints before the stomach is so full as to cause its rejection. If not spontaneously thrown off, lean forward and downward, and press upward upon the abdomen (or belly,) below the stomach. This failing, tickle the throat with the fore finger until the expulsive effort commences when the finger must be withdrawn but kept near the mouth to be reinserted as soon as the effort begins to cease, and by keeping up the action thus indicated the

stomach may be, so to say, pumped dry. As soon as retching or straining is felt, cease to make any farther effort at vomiting but fill up again, and renew the action, which then becomes easier; and it may be repeated several times until the bile or mucus is rejected, which may be ascertained by its floating upon the surface of the water like oil. Some persons cannot vomit. In their cases I advise to drink water as directed and let it take its ordinary channel. Emetics are always to be taken upon an empty stomach; early in the morning is the best time.

As in taking emetics, a profuse sweating always results, the proper plan is to be dressed for an entire change, or else to be wrapped only in a sheet: then follow by a good wash off and it answers for a sweating-bath.

Fever has these phases: the high and the low, eruptive and non-eruptive, contagious and non-contagious. In the

treatment it is only necessary therefore, to modify in accordance with the phase. The philosophy—the law—of action is the same and unchangable, hence there is certainty in its employment independent of contingencies with which medicines have to contend.

There is no loss of vitality in employing the treatment prescribed — not a particle—but on the contrary, a tonic action supervenes that gives increased force and energy, strengthening every portion of the system.

The effect of the tonic treatment is such, that the enfeebled state of the stomach and lungs does not enable them to furnish a sufficient supply of vital heat from the consumption of food, with the rapidity demanded by the restored action of the system; therefore, the increased needs toward a healthy demand must be temporarily supplied.

The various kinds of fever are caused by complications of malaria, unwhole-

some food, excess in eating, drinking, etc. and the poisoning of breathing foul air at night in closed bed-rooms; from diseased or inactive liver, kidneys, etc.

In reducing the fever, action is given to all the viscera; and if a right mode of living in diet, bathing, sleeping, etc., is adopted, a spring is given to life's forces which will lead to perfect recovery if continued; and if treatment also has been sufficient to give stability to action. If the liver is torpid or inactive or diseased, or the kidneys and bladder are diseased, they must be duly attended to, of course. (See Liver. See Kidneys.)

Fever being reduced, broken up, cured, by the *counteracting* treatment, *proves* that fever is simply *excess* of physical heat, nothing more nor less, whether in large or small measure. In the violent or in the low stage, there yet is more retained heat than can be duly appropriated. Reduced to a proper state, or the balance restored, the cure

results. It may be objected that in debility there is not heat enough—of course not—for a healthy state; but too much for the exhausted condition of the system.

At all events I know that fever is always reduced in a short period by the course directed; and that thirty-eight years ago that I had the yellow fever in a south-western city, and under medical treatment, was almost brought to death's door, being at the last moment, as it were, restored by the use of only two buckets of cold water. Sitting in a tub, the water was poured over my head, running down the back, followed by a 'good wash down'—drank all the cold water I wanted—returned to bed, falling asleep in a few minutes—slept for hours, sweating profusely—continued the cold water treatment, and within ten days thereafter, was an active worker during a fire which consumed more than five hundred buildings.

Neither yellow, typhus, typhoid, 'bilious,' 'congestive,' nor any other fever, not even the eruptive fevers, should have any terrors to those who have knowledge of its use, and have a sufficiency of cold water.

It was my own experience and what I saw during the epidemic, that caused me to reflect upon the wrongs inflicted by the 'regular' practice of medicine. Investigation led to condemnation of that system in all its teachings, and to the adoption of the water cure system very soon after its introduction into the United States. Previous to that period, I was not a physician, but like all other persons, was at the mercy of the 'regular' practitioner with his universal bleeding, blistering, calomelizing and denial of even a mouthful of water in raging fever.

*Treatment for all active or violent fevers :—*First—The pouring head-bath, to be continued until the system is re-

stored to a natural condition. If not fully accomplished by the head-bath add the dripping wet sheet. Second—Take a sweating-bath and sweat copiously, finishing with a pouring head-bath. If the treatment makes you chilly by having carried it a little farther than the quick reactionary point, bathe hands and arms in hot water, keeping the wrists immersed, until a feeling of comfort is restored. It will not require many minutes. (See pouring head-bath, and dripping wet sheet.)

Drink between meals all the cold water that may be desired—an hour after eating and cease an hour before. Never drink during meals.

By the simple process directed, a violent fever may be speedily reduced, and the usual regularity of the system be restored. If for any reason it is not accomplished by the first effort, all that is required is to repeat the head-bath until it is. As I employ the head-bath a repetition is seldom required.

In taking sweating-baths for a fever, or a 'cold,' take notice of the forehead, chest, and wrists; and if you observe small red pimples upon either, discontinue the sweating, and use only the dripping wet sheet if small-pox or measles are epidemic.

Treatment for typhus or typhoid fever, putrid, or jail, ship, camp, or hospital fever, (according with conditions of person and surroundings) a low fever, or fever of debility, characterized by great prostration, coma or stupor, etc.

Use pouring head-bath until the stupor is reasonably relieved, repeating often until entirely overcome, because it is better in such conditions not to fatigue or to risk the failure of reactionary effort. Follow it with a very warm bath—quite as warm or hot as can be endured. Sweat if possible. Drink warm herb tea, or milk and water, to promote it or cold water if preferred, which also is the best. If vomiting follows, so much the

better, as the stomach is always in an unhealthy state in fever.

If the prostration is such as to threaten fainting, check it by a cold head-bath and continue the warm bath thirty, forty, or more minutes, keeping up the heat of the water by additions. A full length bath if it can be given; if not, in a tub with the feet in hot water; being covered with a blanket. Cleanse the skin by a thorough rubbing. Finish with a pouring head-bath.

In recovering from the low fevers, the addition of warmth by added heat through bathing, daily or even twice a day is very necessary, but circumstances may be such that it can not be done; in that case, substitute the bathing of the hands and arms in hot water for twenty or thirty minutes at a time, twice a day. The water must be kept hot by additions.

Those who have this book, and have a regard for their own interest, will never permit themselves to become so pros-

trated by disease as to suffer from its extremes, nor indeed should they allow its approach to ever seriously affect them.

DIET.—In all debilitated conditions of the system, the nutritious food I recommend, is to be used to the full capacity of the digestive powers. The treatment creates appetite and strengthens the stomach.

In fevers a craving for acids is generally experienced. Lime or lemon juice, or the juice of stewed dried sour fruit, may be made palatable and will be found **very** grateful; drink cold. Stewed dried sour fruit, and ripe sour fruit will also be found to be palatable with your food and very useful.

FEVER AND AGUE.

(Intermittent Fever.)

This distressing and racking disease is too well known to require a word of explanation.

TREATMENT.—When the fever stage comes on, break it up at once by a pouring head-bath ; it will do it if your water is cold or you persevere long enough ; if it is not as cold as desirable, add the dripping wet sheet until the body is cool, and no vestige of fever is left. Take an emetic every day for several days, until the stomach is free from bile, which it will not be if there is any bitter taste in the mouth. (See Emetics.) A copious sweating or steam-bath daily, as long as required. It is not unusual to break the chills by the first treatment, and cures are often effected in less than a week. Take the sitting-bath directed for the Liver. (See Liver, pouring head-bath, and dripping wet sheet.)

Diet as always, and eat all you can digest. Between meals drink freely of cold water. (See Diet.)

SPOTTED FEVER.

(*Cerebro-Spinal Meningitis.*)

This disease has been epidemic, and occurs frequently in localities unfavorable to health. It is attended by distressing pain in the head and back. If not subdued, the fever increases rapidly when small red pimples make their appearance, giving the common name to the disease.

TREATMENT.—The pouring head-bath and spinal-bath, or the back-application, twice a-day (which see) and a copious sweating. Diet, etc., as always advised. (See Diet.)

SCARLET FEVER.

(*Scarlatina.*)

In the commencement of this disease, although the more prominent evidences of a 'cold in the head,' or catarrh, may not be present, there is enough of 'aches and pains,' uneasiness, restlessness, etc., to give the impression of having 'taken cold,' or in better words, of being under

the influence of a coming fever. This is the moment for most beneficial and decisive preventive action in the pouring head-bath and dripping wet sheet.

SYMPTOMS.—As just stated. The disease commences with face, neck, and chest, soon spreading over the whole body an unmistakeable scarlet color, hence its name; but taken at the critical moment named, it is quite probable the fever would be so far prevented as not to exhibit its distinctive character; but if developed, it can be thoroughly subdued, if promptly and energetically treated, within from one to three days.

TREATMENT.—The pouring head-bath, dripping wet sheet, gargling with cold water and drinking cold water, or by using ice, subdue all inflammatory condition; then rest until the heat of the system is getting too high, when the dripping wet sheet is to be repeated, every hour if it be needed, to keep the heat down to the natural standard.

Nothing can be more certain than the ability to conquer any fever, however violent it may be. The fever subdued, the gargling with cold water, and water drinking or ice, insures safety from ulceration, etc., to the throat.

In all cases, of course, the diet, sleeping, etc., are to be in accordance with the course prescribed in this book, and to be attended to with judgment and discretion.

During the winter of 1843-4, I treated successfully, three cases of Scarlet Fever in a family, neighbor to another family in which there was three cases under 'regular' practice, and *two of the three died.*

MALIGNANT SCARLET FEVER.

Malignant or Putrid Sore Throat.

Ulcerated Sore Throat.

(Scarlatina Maligna.)

This phase of scarlet fever can only exist in cases in which due caution and care have been omitted. Danger of

fatal result now is to be apprehended, especially under drug treatment,

Even the best method now will fail, unless the most faithful and energetic attention be given to the case.

TREATMENT.—To reduce the *local* inflammation the *fever must be kept subdued* by the pouring head-bath and dripping wet sheet, relying to a considerable extent upon the sheet. If feet and legs get cold, bathe them with hot water, and also hands, keeping the wrists immersed. Gargle the throat with hot water. If child, and too young to gargle, put wet hot bandage around neck and change often to keep as hot as can be borne; the congestion of the blood vessels rendering the circulation too indolent, and to prevent the accumulation of pus. Make an effort to keep the throat clean. An adult ought to add the hot wet bandage around the neck, which, with the gargle, will effect what no burnings (cauterizings) can. Wear the fomenting wet bandage constantly, while not applying the hot one.

The dripping wet sheet and pouring head-bath must be used every hour or two, if necessary to keep the body cool.

How any one can be so insensible to their own condition as to permit their throat to become ulcerated, is really more than I can easily account for. It is a fearful condition to fall into. I say to all—watch! Just as soon as you feel an irritation of the throat, especially if you have a ‘cold’ or hoarseness, look to your throat. Look to the child’s throat the moment any, the slightest cause exists for a suspicion of danger, particularly during the season of closed doors and windows.

MEASLES.

(*Rubeola.*)

Preceded always by a severe ‘cold.’ There is nausea, thirst, huskiness and irritation of the throat; frequently attended by violent fever. The disease is indicated by patches of small red pimples, which soon spread and cover the whole person.

TREATMENT.—The pouring head-bath to relieve the head and throat, to be repeated as often as may be required to give relief; the dripping wet sheet (always cold) is also to be used as often as the 'fever rises,' and to keep the eruption on the surface until subdued. If the case is severe, it may be proper to use the dripping wet sheet every three hours or oftener, to keep the fever under. (See pouring head-bath and dripping wet sheet.)

The philosophy of this treatment is this: The wet sheets reduce the inflammation of the skin, taking the surplus heat, and restoring its natural action; doing it at the same time in a way that avoids any danger of depressing vitality; yet it does its work effectually.

Drink freely of cold water. Diet, etc., as in all other cases. Hot bath for hands and feet if needed.

It is remarkable how easily this disease is subdued and cured if promptly and thoroughly treated.

I once had a case of a poor fellow at a cheap lodging house, who could not afford to hire a nurse, who attended to himself under my advice, and teaching him by demonstration. His was a very severe case, with inclination to coma and delirium, which I taught him to watch for, and apply the head-bath and the dripping wet sheet, and in some eight or ten days he worked through it so successfully as to be again on the street. During the time he was confined to his room, I carried him his food, and so he succeeded without going to the hospital, of which he had the greatest dread.

If a bad 'cold' lasts several days, keep an eye open for small pimples on the face, wrists, or breast. (See Deodorizer.)

SMALL POX.

(*Variola.*)

This dreaded disease commences with a severe 'cold'; followed by rigors, chills, nausea, vomiting and diarrhea.

The existence of the disease is manifested by small red pimples appearing on the face, forehead, breast and wrists, spreading rapidly.

If a bad 'cold' lasts several days, getting worse, keep a look out for the small red pimples on face, forehead and wrists.

But if the treatment for 'a cold in the head' has been promptly taken, it will much mitigate the severity of the disease, possibly changing it into an affection of no greater severity than a light chicken-pox.

TREATMENT.—The pouring head-bath: this keeps at a distance the great enemy coma or stupor, and delirium. The dripping wet sheet every hour or two to keep the surface as nearly as possible at the natural heat or colder, which prevents the disease from 'striking in.'

(See pouring head-bath, dripping wet sheet, deodorizer.)

Keep wet cloths upon the face as much as possible and bathe it also

as constantly as can be done, with fresh water.

Drink all the cold water that thirst demands, but between meals—an hour after, ceasing an hour before.

DIET.—As in all other cases, and this disease requires that the strength be maintained. Constipation of the bowels is prevented by the copious water drinking and the food. (See Diet.)

This method of treatment will not only mitigate the character of the disease but shorten its duration by one half or more.

As a deodorizer and possibly, to an extent, a disinfectant, the burning of green coffee berries is recommended, filling the sick room with the smoke, daily.

It is now forty-six years since I had the small-pox in its most malignant form—confluent—and reached such a stage of the disease that the undertaker was sent for to measure me for a coffin. Being a cautious man, he inquired when

I died. The doctor's reply was that if I was not now dead, that I would be before twelve o'clock. He made an examination, found that I still breathed, and stated that as he had never measured any one for a coffin while alive, that he would not commence with me.

I had been vaccinated, and it was pronounced to be a success, but proved a woeful failure, as it does in so many cases, after taking the risks of being inoculated with diseases more loathsome and dangerous by far, than small-pox.

Six medical doctors sat in consultation upon my case, undecided; when the chambermaid, passing the open door of my room, (at a hotel,) looked in and exclaimed 'the poor dear gentleman has got the small-pox'—being called in and questioned, the point was settled on her assertion, when forthwith five doctors started for the door, 'not standing on the order of their going.' The sixth, the leading man of the region, was left with

me. I had previously been well closed with medicine ; and now I was bled to fainting, and subsequently lay in a comatose state (perfect stupor) *until the morning of the twelfth day* ; to all practical consciousness of life, as dead as Julius Cæsar. There I lay, motionless, but breathing.

All the horrors through which I passed, and nine weeks of suffering, could have been averted by the pouring head-bath and dripping wet sheet ; and so in all cases, the malignant conditions can be prevented.

I was terribly salivated ; the effects of which continued in a most distressing manner, at times, during some ten years or more, until my knowledge of the water cure enabled me to counteract them, although the sequence was the loss of my teeth, after many years suffering from their state of premature decay.

Previous to, and at the time I contracted this disease, my habits of eating,

drinking, and the use of tobacco, were those of the average citizen, and of course entitled me to that citizen's fare. As a vegetarian and total abstainer from the use of liquors, tobacco, salt and all the fiery condiments and pungent spices, I would expect to either escape the disease or have it so lightly as not to cause any uneasiness whatever.

CHICKEN-POX.

(*Varicella*.)

This is a kind of modified small-pox, or at least partakes in a measure of its characteristics.

It may make its appearance with only a slight cold or fever, by red pimples upon the face. It differs materially however, from small-pox as it develops. If attended to at once will give but little trouble.

TREATMENT.—The dripping wet sheet from four to six times a-day, according to the feelings.

Drink freely of cold water.

DISEASES OF THE RESPIRATORY ORGANS.

Vocal and respiratory organs—throat. Always affected by inflammation of the throat, sore throat, which see.

Bronchitis.

This is an inflammation of the membrane of the bronchi or air tubes, and cells of the lungs. It is attended with much acute pain in the upper portion of the chest and feverishness. Commences with a cold and cough, which, if promptly treated would always be a preventive to bronchitis.

TREATMENT.—A good sweating daily, and if the affection is severe, twice a-day. Finish with a pouring head-bath after sweating. If pain is severe, apply hot wet cloths to the chest for half an hour at a time, to allay it; may be required several times a-day at first. Wear the fomenting wet bandage (which see,) around neck and on the chest.

In treating bronchitis, inflammation of the lungs and pleurisy, the hot cloths ought to be applied during the steam or sweating-bath, the same as in Mr. Campbell's case. (See Consumption.)

Cold hands and feet are to be bathed in hot water.

Diet, drinking, sleeping, etc., as in all cases.

Space will not permit me to enter fully upon the course to be pursued in a chronic case; looking now only at an incipient stage; yet in most, if not all cases, if the treatment was faithfully employed, chronic cases would be cured by it.

Congestion of the lungs.

With the exception of breathing poisonous gases or a severe blow, or other injury, it is caused by a cold and can therefore be prevented.

The symptoms and condition of the lungs are similar to inflammation of the

lungs. The treatment is the same, but may require an increased amount.

Inflammation of the lungs.

(*Pneumonitis.* *Pneumonia.*)

This affection is so frequently a sequence of diphtheria, and of a 'cold,' that it claims mention in connection with the diseases of the throat. As a result of diphtheria it is of the typhoid or low character.

SYMPTOMS.—Pains in the chest. Difficulty or distress in breathing; cough; feverishness.

TREATMENT.—As the strength is, so let the measure of treatment be.

The pouring head-bath, a good sweating, finish with another head-bath. Then apply the fomenting wet bandage for the chest, with care and properly, to be worn constantly and to be changed and re-wet as often as it commences to dry. A sweating and pouring head-bath twice daily, and wear the foment-

ing bandage at night, at least, until relieved. If the pain is acute, it may be necessary to bathe the chest with hot water cloths for a half hour or more at a time and frequently; the hot cloths to be changed as soon as they begin to cool.

In small quantity, drink often. Diet as always directed.

If feet and hands are cold, bathe them in hot water.

If the cough is troublesome, wear the fomenting wet bandage around the neck.

Pleurisy.

Practically, the indications and treatment are the same as for pneumonia, or inflammation of the lungs.

Consumption.

This prevalent disease requires no description, as its symptoms are unfortunately recognized by all. It is however, a cause for surprise that it should exist

as it does, when it is so well known that it originates, as do all other diseases of the throat and lungs, from a cold in the head, or catarrh. Is it possible that the legion of doctors throughout the land are so ignorant of common sense perception of the causes and nature of a cold that they cannot direct its cure? I verily believe it is so; else why do tens of thousands annually die from this disease in the United States, and hundred of thousands elsewhere within the limits of civilization? *whilst it is so easy to cure a 'cold.'*

THE CAUSES are whatever debilitates the system and injures the health in general; and in especial degree, among men, the use of tobacco, stimulating and intoxicating drinks, inflammatory and gross foods, fiery and irritating condiments and pungent spices, and sexual excesses, together with exposure to excess of heat, impure air, and whatever tends to cause a cold in the head or catarrh, as the immediate excitant.

Among women, to some extent in diet, to hot tea and coffee drinking, to tight lacing and compressing the lungs, stomach, liver, etc ; to general inertia and lack of free exercise, sunshine, and air, etc. ; and to the causes enumerated generally, which produce colds and coughs.

Both men and women are particularly referred to the article 'what is a cold ?' which ought to be read and well weighed by all who read ; and if duly regarded, *Consumption can be obliterated from the catalogue of human ailments ;* as indeed all other diseases may be, through a right life ; or be so modified as to no longer cause premature death.

(See Clothing, Diet, Exercise, Sleeping, Bedding, Ventilation.)

In the commencement of this disease the symptoms, general characteristics, and conditions, are so nearly allied to bronchitis that the treatment in all respects is the same ; and if persevered in is attended with most gratifying results.

I have had remarkable success in treating consumption and bronchitis. An intelligent and persevering application of the method of treatment directed for bronchitis (which see, and Mr. Campbell's case which follows :) may save many a life which otherwise might be sacrificed.

The treatment, even in a case of tubercular development, may succeed. I have cured some quite advanced cases. Persevere.

A case. — MR. JAMES M. CAMPBELL, an engineer on the Central Pacific R. R., distinguished by the fact that he superintended the carriage of the first locomotive across the Sierra Nevada, and its re-construction at Truckee; was ordered to the Sandwich Islands, laboring under rapidly developing tubercular consumption. Had he gone there he would probably have soon filled a stranger's grave: but a gentleman who saw him and comprehended his condition directed him to me. Seven weeks treatment

restored him to such a sound condition that several years afterward he told me he was perfectly well ; as indeed he seemed to be.

Treatment in his case. Thorough sweating twice a day in steam-chest. Sitting up, he applied hot wet cloths to his chest during the bath ; finishing with the pouring head-bath. Exercise moderate and increasing, by walking up and down hill. When he first came to me he could not walk two hundred yards without being entirely prostrated and exhausted. When he left me he could walk miles. Diet as ordered. (See Diet, pouring head-bath ; fomenting bandage, which he wore constantly when not in the bath.) He furnished me with a long and detailed statement of his case for publication, which attracted much attention at that time. Some other cases were equally successful. In two cases I failed, more from the inertia of the patients, than defect in treatment. (See bleeding from the lungs.)

Difficult Breathing, Short Breath.

(*Asthma, Dyspnœa.*)

The title explains the difficulty with sufficient clearness for the general understanding of this very serious class of affections, whether confined solely to the lungs or not, and the treatment indicated, is the same.

If the affection has originated through the pursuit of any trade or calling in which the breathing of dust, or fumes of noxious gases, or heavy smoke has been inevitable, then that trade or calling must be abandoned.

A neglected 'cold' or catarrh has often caused, not only temporary suffering but chronic and permanent injury.

TREATMENT.—I can enforce this best by the history of a case and its treatment. He was a man of middle age, tall, well-developed chest, but was suffering so severely from asthma, that I dreaded his appearance for treatment, and would gladly have refused it, but he persisted

and I yielded, expecting at first that every time he entered the steam chest that he would not leave it alive. But he always did, and that was not all—he recovered and became perfectly well. Some two or three years after I saw him on horseback looking and acting the part of a healthy man.

THE TREATMENT in his case was a daily steam bath of an hour or more each time, with the cold dash and head-bath. Diet, water drinking, sleeping, etc., duly attended to. The case was treated about six weeks—an out-door patient.

Now, this is certainly a very simple method of treating successfully a disease that under drugging auspices never would have been cured, and would have kept the sufferer in continual distress. This was the most trying case I have ever had under treatment.

The pouring head bath to be taken during a paroxysm or fit of suffering as it gives tonic-action to the pneumogas-

tric or lung-stomach nerve; the constricting effect upon the lungs, etc., being to enlarge the air cells and permit the reception and expulsion of a larger volume of air.

Of course the most rigid attention must be given to fulfill every hygienic requirement. (See bathing, diet, sleeping, bedding, ventilation, etc.)

Bleeding from the lungs.

Bleeding from the lungs, or stomach.—Apply ice-cold, or the coldest water at command to the spine and back, from the back of the head downward, by the aid of soft old linen cloths or towels, six or eight folds thick, to cover the entire back; have two sets, changing them before they get warm, and make the back stone-cold, and keep it so until the bleeding ceases. Commence with the pouring head-bath.

Ice or snow poultice, which see, can be used in place of the wet cloths, apply-

ing five minutes, and *five minutes off*, and so on, alternating, until bleeding ceases. The poultice is the most rapid in producing the desired effect.

Drink ice-cold water or melt small lumps of ice in the mouth.

The blood from the lungs is red; from the stomach, dark.

DISEASES OF THE DIGESTIVE ORGANS.

Read the remarkable case and cure of dysentery which follows the treatment of dysentery, for adults.

Summer complaint of children.

(*Cholera Infantum.*)

Cholera infantum, or summer complaint is caused by nursing at an unhealthy breast; improper diet; a foul and heated atmosphere (see Air,) and probably an inactive skin. Inattention to ventilation in the bed-room may be the principal and exciting cause, for even in

the warm season of the year so many are afraid of night air.

First seek to know and remove the cause. All mothers and nurses know what the disease is—a looseness of the bowels—diarrhea.

If attended to at once and the cause is removed, the disorder can be easily overcome, but if neglected, it makes rapid progress for the worse, and may result in dysentery, which is more difficult to arrest.

As infants and young children are very sensitive and impressible, light treatment usually effects a speedy cure.

Treatment for an infant.—As soon as a looseness of the bowels is perceived, fold a piece of soft old linen table cloth or towel four or six folds thick, large enough to cover the belly and sides. Have a pail of cold water, and another one or a basin, empty, placed convenient for use. Place the infant upon the lap lying on its back, with a sheet folded un-

der it to catch any dripping ; then wet the cloth and squeeze it just so as not to drip, and apply it to the belly and sides. After being on long enough to commence to get warm, take it off, wring it as dry as possible, and having two sets take the other and apply it in the same way, *keeping the cloths as cold as possible* and changing until the belly feels cold to the touch of the hand. The colder the better. Then wipe dry and cover, but not extra, because a cold belly externally, is just what is required ; and it may take ten, or fifteen, or more minutes according to the coldness of the water, and manner in which the application is made. The process may be repeated every hour or two until the looseness ceases. When applied in season, this treatment rarely fails ; but if the cause has been such as to render it insufficient, then make the application by placing the child on its face and having the cloths of the size of its entire back, from the neck to the end

of the spine, apply them in the same manner until the back is stone-cold to the touch of the hand, and repeat until the cure is effected ; every hour or two, if needed to keep down the heat of the bowels. It will do it if the water is cold and the attention required is given, where all medicines would fail.

Treatment for a child old enough to be placed in a small tub—the legs being outside. Seat the child : put in cold water deep enough to cover the hips. With the hand, bathe the belly only—not the chest—and with the hand, or a cloth, or a cup, the back also, until belly and back are cold to the touch of the hand, the feet and legs in the meanwhile being in a pail of hot water. If any chilliness is felt beyond the parts bathed, then place the hands in hot water. One treatment, if prompt, often cures a diarrhea. *Repeat as is needed.*

If the child has a ‘cold’ at the time, or has weak lungs, apply hot cloths to

the chest while in the bath, or let the child sit in an empty tub and apply cold wet cloths to belly and back until they are of the coldness required. Cold water is never to be applied to the chest unless for rapid rubbing.

Diet as always prescribed; light eating or a little fasting is good until the disease is subdued, or modified.

Cold Water Baths.

Whilst it is absolutely necessary, in many cases, to use cold water for local ailments, its too depleting action (reduction of physical heat,) during the time required for its use, is to be remedied by hot water baths for hands and feet, which must be kept hot; and this is especially requisite in the case of those whose vitality is exhausted.

Diarrhea. Dysentery.

Treatment for Dysentery or Bloody Flux is the same: but try to prevent that, by prompt attention to the diarrhea.

The distinction between diarrhea and dysentery, is readily recognized by the very frequent desire to evacuate the bowels and frequent failure ; that it is attended by griping pain, and that the discharges are bloody, or tinged with blood, and in small quantities in dysentery.

Treatment for adults in diarrhea, or dysentery. A sitting-bath in cold water to cover the hips, with a towel to apply to the belly ; and if severe, to have an assistant to apply cold wet cloths to the back, keeping them cold by having changes, and wringing them dry at each change. The back and belly to be made stone-cold to the touch of the hand. If there is a cold, or weak lungs, hot cloths must be applied to the chest and the feet be placed in hot water ; or if the person is weak and debilitated, to sit in an empty tub and have cold wet cloths applied to back and belly. (See sitting back-bath.)

An injection of blood warm water may

be given to free the rectum or lower bowel of any acrid mucus; but my experience is, that the restored energies are generally sufficient to free it and the rest of the intestines by the aid of free water drinking.

A thorough sweating-bath will be of great service in restoring the skin to action, to relieve the internal system, and equalize the circulation.

A remarkable case, and cure of dysentery on board ship, and ashore on the Isthmus of Panama.

Between the port of Kingstown, Jamaica and Aspinwall, on board steamship *Ohio*, summer of 1852, a case of dysentery was reported as dying: a man of more than fifty years old. His wife learning that a Water Cure Physician was on board, called upon me for assistance, the surgeon of the ship being unable to render any relief through his agencies. Beside which, he was suffering from a severe intermittent fever that

finally prostrated, and forced him to accept my services, resulting in a quick and satisfactory cure.

There were eight medicos on board who united in the opinion that the case was beyond relief. It was in the afternoon that I saw him and announced my willingness to undertake the case if the Captain would allow me ice for treatment. One of the medicos came to me and said "now don't make a fool of yourself, this man will be thrown overboard before breakfast to-morrow morning."

I had the ice, and carried the man ashore at Aspinwall alive, and remained there two days, when no more ice could be had and we went on by rail and 'bungo' to Cruces, on the Chagres river.

Now, although the river water was not cold, it was colder than his body, and with the swiftness of the 'rapids,' which exist at that point, offered hope for assistance; and stripping the patient and myself, we waded out into the stream up to

our arm-pits, where I held him until I was satisfied of the effect produced. This twice a-day. We remained there three days, when we started for Panama, 'a-la-moola.' We had not gone more than a mile or two before a heavy rain commenced and during a ride through rain, mud and slush, of more than twelve hours, that man sustained the fatigue and exposure. We entered the gate of Panama after midnight, 'drenched through and through' and covered with mud.

I saw that man go out of the gate of Panama loaded down with his baggage, to take steamer for San Francisco. Ten years later, the late A. DELANO, ('old Block') the banker, of Grass Valley, Cal. who was a fellow passenger on the Ohio, told me he had lately seen my dysentery case mowing hay in Bear Valley, Yuba Co. Cal., who recognizing him, recalled the case to his memory.

Can a stronger testimony to the value,

efficacy and reliability of water treatment be given? Should it be demanded?

I cite this case for its worth, and to say that if no other means were at hand in diarrhea or cholera, that I would go into a spring, or lie down in a shallow brook or creek, any where, 'to put out' internal heat by derivative action, that is, by attracting heat from the surface, thus reducing and equalizing the heat within and give tone and strength to the nerves.

Cholera Morbus or Bilious Cholera.

This is attended by vomiting and purging with great pain, griping and spasms.

Sitting back-bath and finish by a pouring head-bath. Commence treatment always as soon as any indications of disorder appear; when a few minutes effort may prevent the more serious trouble which follows neglect. Treatment to be continued until relief is given,

and to be repeated until a cure is affected.

Epidemic or Asiatic Cholera.

I have never known a case of cholera to occur, and never heard of an authenticated case in which the warning of a diarrhea was not given in ample time to avert the almost certain death if it is allowed to run during periods when cholera is epidemic; for six cases out of ten has been the least average rate in the United States under medical treatment.

Stop a diarrhea! and prevent the stage or condition, termed cholera.

Cholera is treated by the medical profession as if the diarrhea or watery discharge from the bowels, and vomiting was the disease, and the consequence is a woeful failure. .

It is like damming a stream to stop the water, yet not turning off the source.

I treat cholera morbus, chronic diarrhea and epidemic cholera—in fact this

entire class of visceral and intestinal affections—as nervous or nervo-membranous diseases and the vomiting and discharge from the bowels, etc., as symptoms.

The lacteals and lymphatic vessels the entire nutritive system—from nerve weakness and irritation, take on inverted action, pouring out the serum or watery portion of the blood; and with increased action of the mucous membranes, is the ‘rice water’ discharged from the bowels and stomach; which, *unless immediately stopped*, the disease runs into the ‘blue stage’ or collapse— asphyxia— death. A severe or chronic diarrhea, is characterized by the same conditions in a degree.

That I am correct in this theory of cholera, I cite the well-known action of fear and grief upon the nervous system and the unquestionable response from the mucous membranes, etc., in producing sudden attacks of diarrhea.

Having had ample experience in treating acute and chronic diarrhea and dysen-

teries, I am thoroughly fortified in my theory and practice.

From some peculiar atmospheric disturbance, the universal improper dietetic and drinking habits, neglect in ventilation, an inactive or diseased state of the liver, coupled with fear, this disease becomes epidemic; *but it is not contagious nor infectious.*

During the epidemic in New York in 1849, I daily visited from two to five cholera hospitals and saw thousands of cases in all stages, of all ages, from the infant in arms, to old men and women. I was also there in 1832, during the first epidemic, and was in the valley of the Mississippi in 1834, during that epidemic. I know it is not contagious.

The great lesson of the Asiatic or epidemic cholera is, not only temperance in the use, but total abstinence from all intoxicating and fermented liquors. Also, all irritating and fiery condiments, pungent spices, and salt.

CAUSES.—Everything that tends to impair health and weaken the nervous system. Of all the evil habits liquor drinking and the use of tobacco may safely be classed as the worst, as they lead to others which ‘cap the climax’ and demand a fearful penalty from this, as well as all epidemic diseases. It is almost a miracle to save a confirmed drinker of liquors.

SYMPTOMS.—Diarrhea, vomiting, griping, purging, spasms; very similar to bilious cholera.

TREATMENT.—As the epidemic cholera is very rapid in its action; if the disease has exhibited its unmistakable phases of vomiting and purging, the individual must be immediately placed in a bath tub upon the back, and water let in to the depth of about three or four inches, and the outlet and inlet so arranged as to keep that depth as near as possible; the object being to change the water and keep it cold. It should be stirred so as

to keep it changing. The legs and arms are to be placed upon the rim of the tub so as to keep them out of the water until about to finish the back-bath which may be twenty to thirty minutes, or more if necessary. This may be repeated just as often as may be necessary to stop the vomiting and discharges which are the watery or fluid portions of the blood, and if the water is cold enough it will be done.

If a bath tub can not be used; very cold, or ice or snow-cold water can be substituted by sitting in an empty tub and applying wet cloths of six to eight folds thickness over the entire back, wringing out and changing often, having two sets, and continue until the back is stone-cold to the touch. Cloths to be placed on the belly also and to be kept cold. Feet and hands in hot water. Or if very cold water is not to be had, make some arrangement by which a free stream can be poured on the back and

run off, the object being to make the spine and back stone-cold to the touch of the hand, and in severe cases, to keep it so, until the disease is evidently subdued or controlled. Any way in which it can be done to produce the cold effect, is the way to cure diarrhea and acute or chronic dysentery; and all stages of cholera, and is of the highest use in some other diseases.

The sitting back-bath, if the water is cold enough, and is kept cold, will answer every requirement. (See sitting back-bath and douche-bath.)

Why is this? Because the nervous plexus and ganglia are located in the spinal column and these cold applications produce upon the internal organism tonic action and other effects, with almost telegraphic rapidity. I have employed this process with the greatest success during nearly a third of a century, and know that it *never fails to do what all the medicine on earth can not*. And that

by the aid of this means I have succeeded in the most forlorn cases of disease.

DIET.—As is prescribed in all cases, *after* the treatment has restored the digestive and alimentary functions; and thirst may be allayed by melting ice in the mouth, or drinking cold water, and that will be required to replace the fluid lost through the disease, especially if it has been a severe attack.

Graham flour gruel, thick; or mush and milk, and rice and milk, may be the chief dependence for a few days.

Colic. Belly-ache.

Gripping and twisting pains in the belly, about the region of the navel, and sometimes of great severity, are caused by swallowing half-chewed food, and indigestible substances. Relief is often to be had by taking an emetic. (See Emetics.)

Then take a sitting-bath in cold water, applying it to the belly and rubbing it with wet hands, or being rubbed by another, rubbing in a circle, quick and lightly. (See next item.)

Wind Colic.—Same treatment, but if not soon relieved, try hot wet cloths to the belly, and afterward the hand rubbing with hand wet in hot water. It sometimes occurs that heat relieves the sooner, but cold is the best.

The Stomach

Was designed for the reception only, of food and water: its function is, their digestion and absorption. It was not intended as a receptacle for poisonous medicines, which are always injurious.

Cramp in the Stomach.

Same treatment as Colic, preceding article, which see.

Bleeding from the Stomach.

(*See Bleeding from the Lungs, page 158.*)

Heartburn.

This is a burning pain in the stomach, caused by irritation produced by some half-chewed or indigestible substance, or bile, or vitiated gastric secretion, and has no relation whatever to the heart.

If not severe, I have found in many instances that drinking a pint of cold water, (but not less than an hour or more after eating,) gives immediate relief, as also does magnetism, and self-magnetism, as I have witnessed in numerous cases in which I have instructed to that end. The passes are made with both hands, quickly, from just above the stomach, from the centre outward and downward. It is singular, but true, that the relief is very speedy. It is also the same in ordinary

Nausea of the Stomach.

But if you do not manage it right, or to your satisfaction, take an emetic. (See Emetics.)

Inflammation of the Stomach.*(Gastritis.)*

Any affection of the stomach in which there is a feeling of pain and burning, much or little inflammation, if severe enough to require relief will be treated thus: First—an emetic, (see Emetics) then the sitting-back-bath, same as for liver. (See Liver.) Two or three times a-day if necessary, to give relief.

A 'badly' Diseased Stomach.

A hard working miner, a large man, whose habits were of the usual style, placed himself under my care. To quote his own words he was 'completely used up.' I treated him for dyspepsia.

Upon given him the first emetic, he vomited a large quantity of very dark blood and pus, and to such an extent as to require filling and emptying the stomach several times. The bleeding and discharge of the pus continued during several days when taking the emet-

ic, and then entirely ceased. The swelling and oppression of the chest ceased, and in six weeks he was, of the sound and robust, second to none.

His treatment was, twice a day a steam-bath, finished by a 'wash off,' and a douche-bath, with a pouring head-bath.

I have had many experiences with stomachs diseased to such an extent as would have been alarming to medical practitioners under ordinary circumstances; but no failure to cure.

THE LIVER.

Abscess of—Inactive or Torpid—Enlarged
or Engorged —Inflamed, etc.

The liver is the great visceral emunctory, or drain for the system. It is very liable to become diseased from the use of fiery condiments, liquor drinking, etc., and when so, is the cause of much physical and mental derangement and suffering.

These liver complaints are known by sensations of pain and heaviness in the

right side and under the right shoulder, and by a fullness or swelling of the right side. Also generally and specially so, if the liver is torpid or inactive, by the yellow-brown color of the skin and the yellow color of the 'white of the eyes', bitter taste in the mouth, etc. All who would avoid the misery and suffering they entail, must abstain from the use of ale, beer, porter, wines and liquors of all kinds, as they carry mental, moral and physical destruction in their train.

The regular practice of medicine deserves the execration of every reflective and conscientious man and woman, for its active participation in making drunkards, criminals and paupers by prescribing and recommending liquors and alcoholic tinctures. The stomach and liver of a regular toper and drunkard is a sad sight; and if confirmed liquor drinkers could see the state of their own stomach and liver, it would or ought to cause them to adopt total abstinence from the

use of all liquors—the effect of their use being to cause fatty growth, hardening softening, torpidity or inaction, inflammation, abscess, ulceration, cancer, etc., etc. Some of these conditions are termed ‘gin liver’, ‘brandy liver,’ ‘whisky liver’, and properly enough.

The whole system, including the brain, is diseased when the liver is diseased ; and the common enemy also diseases the stomach, and then the lungs sympathize, and the whole fabric is being involved in one common ruin.

The condition of the liver has much bearing upon fever, particularly the eruptive and malignant fevers, therefore immediate attention is to be given to its state in all such cases.

TREATMENT.—It must be thorough, but at the same time be regulated according with the condition of the sufferer.

Sitting Back-Bath.



Take a cold sitting-bath in a tub; the water deep enough to cover the hips. Soft old towels or a piece of soft old table-cloth large enough to cover the back from the back of the head down to the hips, six or eight folds thick, wet with cold water, to be changed and wrung out often enough to keep them cold, and to make the back stone-cold, if possible. Have two sets of cloths. Put the feet in a pail or pan of hot water, cover in front and over the shoulders with a blanket, but not the back. If the affection is severe, take the bath three times a-day, two hours and a half after eating. An

assistant is required to apply the cloths. Take an emetic daily until the stomach is in order. See Emetics—and if the sweating is copious, it is a substitute for a steam or sweating-bath; but if not copious, a daily sweating-bath will be requisite to purge the blood, and in some cases, two of them. After sweating, the pouring head-bath. The length of the sitting back-bath must depend upon the coldness of the water and state of the person, requiring from thirty minutes to an hour to produce the necessary effect.

If the person is suffering from a 'cold' or an affection of the lungs, hot wet cloths, must be applied to the chest during the sitting-bath.

Wear a full size fomenting wet bandage to cover the entire right side, back and front, from the arm-pit down to the hip. To be worn all the time until cured, except while bathing.

Such treatment affects a cure where, by any other mode, death might result.

Diet as always, and eat all you can digest.

Abscess of the liver. — One extraordinary case I treated, in which the belly of the patient was enormously enlarged. Adhesion to the walls of the belly took place, and the abscess pointed externally. When it broke it discharged nearly twelve quarts of pus at first and several quarts afterward. The opening healed leaving a large cicatrix or scar. Health seemed to be restored, and years afterward I saw him, as he said, in perfect health. Before treatment his color was a mahogany-brown, but became natural and healthy looking. The cure was the result of the treatment above directed, adding two thorough steam-baths daily.

Jaundice.

This disease is caused by a torpid liver. The bile being regurgitated or thrown back upon the stomach, is taken up into the circulation ; hence the yellow

color of the 'whites of the eyes' and the skin. If the disease has progressed under very unfavorable conditions the skin has a greenish or darker hue.

TREATMENT.—Same as for liver and *very thorough*. Check the disease at once. It can be done. (See Liver.)

'Biliousness.'

The liver is 'out-of-order.' There is a bitter taste in the mouth, nausea, etc.

TREATMENT. —Same as for liver, but will not require as much, if not delayed. In sickness 'delays are always dangerous.' (See Liver.)

Vomiting.

In all cases of spontaneous vomiting assist nature and free the stomach from the cause by a thorough cleansing. (See Emetics.) If insufficient to stop it add the pouring head-bath and spinal or back-bath, both of which, see ; or ice or snow poultice to the back from back of head down to below shoulder blade.

Sea-Sickness.

It does not follow that the stomach is foul because of vomiting when on ship-board. It depends upon the fact that the motion produces an unusual jarring of the stomach, which affects the nerves of the brain. You do not give to the motion of the vessel. Some persons are never sea-sick, some but slightly for a few hours, others during an entire voyage if they do not retain a recumbent position.

If you do get sick, take the regular emetic. (See Emetics.) This will prevent the continuance of nausea and headache. *Then tie a band or buckle your belt as tight as you can comfortably bear it, directly over the 'pit of the stomach.'* Wear this bandage until you get your 'sea-legs' on you, even if it is for the whole voyage. This has been proven the sovereign remedy for sea-sickness, in scores of cases under my direction.

Constipation of the Bowels.

This is the cause of much physical ailment, and if chronic, it and health can not exist together. The ordinary habits of eating and drinking induce it. The retention of the contents of the bowels beyond a few hours is injurious. Vegetarians are never constipated, and they also usually evacuate the bowels twice a day. (See Diet.)

TREATMENT. — The fomenting wet bandage (which see,) to be worn during the night. Between meals drink freely of cold water. During all the years of my practice I have never found it requisite to prescribe the use of the syringe for constipation, and indeed it is entirely unnecessary if you attend to the diet, as the relief demanded follows its use within a few days at most, without farther aid than drinking cold water between meals, and discontinuing all improper habits.

In inveterate cases of chronic consti-

pation in which drugging has been resorted to during a long period, it will be necessary to take daily steam or sweating-baths of some kind perhaps ten or fifteen days, and to drink very freely of water both in the bath and out of it, and it might be necessary to take an injection of blood-warm water at first to free the lower bowel of its contents and reduce any tendency to inflammation, also to prevent any necessity for straining in evacuating.

Dyspepsia or Indigestion of Food.

The almost universal complaint, not only of the United States, but the civilized world. It is curable almost without a failure, by *my* method. I have never failed in a solitary instance, and never expect to fail in making a cure.

The treatment is simple, but requires perseverance during from six to ten weeks, depending upon the state of the case.

TREATMENT.—A daily sweating-bath, steam or other. The *spinal* or *back-bath*, or *back-application*, twice a-day. See 'General Debility' for them, and finish with pouring head-bath, which may also be employed immediately before or after eating by those who are anxious to hasten a cure. A daily emetic during twenty to thirty days, unless the stomach sooner becomes strong. (See Emetics.) Active exercise in play, work, or walking up and down hill—something to exercise the muscles of the chest and abdomen, daily.

DIET in dyspepsia *must* be attended to, and conform as nearly as you possibly can, giving up all fiery condiments, pungent spices, liquors, tobacco, tea and coffee. (See Salt.—See Diet.)

My rule for eating, *must* be observed, viz: to *chew exery mouthful of food until it is a soft warm pulp in the mouth*. No drinking during at least one hour after eating.

This is most emphatically *my* method of curing dyspepsia and what I term a cure is to *enable the dyspeptic to eat a hearty meal and enjoy it, without subsequent discomfort.*

The cure can be made without seriously interfering with business.

Dyspepsia is the 'prolific source of a thousand ills.

Intussusception of the bowels.

This may be termed a regular 'telescoping' affair, being generally the descent of the upper part of the small intestine into the lower part, causing inflammation and a stoppage of the fæces (excrement) and always ending in death. Its existence is difficult to determine and is beyond the reach of medical remedies. The cause, undoubtedly, is debilitated condition of the intestines or some accidental oppression.

In San Francisco a death from this cause occurred a few years since, as was

made manifest by *post-mortem* examination. Had the patient been mine, I think I could have saved him. He died in great agony.

THE TREATMENT would have been the sitting back-bath or an ice poultice to the spine from the shoulder to the end of the spine, with ice-water to drink in small quantity but very frequently. The feet and hands in hot water. By this means a tonic action would have been created and inflammation reduced; not only at the point of disturbance, but throughout the entire abdominal region. If this course would not fulfil the intention, then such cases are beyond the pale of hope.

Inflammation of the bowels.

(*Enteritis.*)

This is their state in dysentery. Treatment is the same. (See Dysentery, treatment for adults and children.)

Inflammation of the membranes of the belly.

These are the caul or omentum, and the mesentery, connected with the stomach and bowels; peritoneum or lining membrane of the belly, etc., and all are liable to become inflamed and otherwise diseased. Giving attention to the general health, as is requisite in almost every diseased condition, these internal difficulties, which cannot be reached by the drugging system, can be immediately relieved and may be expected to be quickly cured by the water treatment.

TREATMENT.—To equalize the circulation and restore the general health, a daily or twice a-day steam or sweating bath; and twice a-day the sitting back-bath (which see) with attention to diet, etc., etc. The causes for these affections are various—the symptoms somewhat obscure, farther than a general unrest or disturbance of feeling in the belly, in

which case it will always be safe to resort to the treatment.

Enlargement, or tumor may occur in connection with some of these membranes and hope of cure can be indulged in rationally, only through the treatment prescribed. Errors in diet and in drinking, etc., so universal, are the causes of these as well as all other diseases.

Enlargement of the Spleen, or Ague-cake.

Inflammation of the spleen is said to be of rare occurrence: but enlargement or ague-cake, is by far too common. It is known by a swelling on the left side below the ribs. The spleen is in sympathy with the liver. A sequence of fever and ague.

Treatment, same as for the liver; which will restore it to its natural size and function, whatever that may be. (See Liver.)

PILES.*(Hemorrhoids.)*

One of the universal complaints. Originating in the use of stimulating diet, fiery condiments, hot and strong tea and coffee, and liquor drinking, fine flour bread and other constipating food, causing constipation, and congestion of the blood vessels of the lower bowels, with tumors or excrescences filled with blood or mucus around the anus or vent. These tumors become very painful and annoying: they are the blind piles. When they burst and discharge it is termed bleeding piles. The dietetic and drinking habits *must* be reformed or *no cure*—nothing more than patchwork. Coffee is very injurious and must be discontinued. (See Diet.)

TREATMENT. —A daily sweating-bath, twice a-day the sitting back-bath, which sec. An injection daily of mildly warm water. Perseverance will win. How

much better to live in a plain and natural manner, avoiding all that is hurtful, enjoying health, than to suffer from disease and pay the penalty.

Falling of the lower bowel.

(*Prolapsus ani.*)

Causes same as piles : the same treatment only requiring a little longer time. Some very confirmed cases may yield only to the following treatment : to lie down on the face, uncover the hips, place cloths or rubber sheet, to catch the dripping, and apply a poultice of crushed or shaved ice, or snow, to the spine and back from the 'small' down to the end. Put on five minutes—take off five minutes—and so on six or eight times or during an hour or more until the back is 'stone-cold.'

WORMS.

There are many kinds of worms which infest the human body, if not healthy. The true way to prevent their presence

is, to have a healthy stomach, with action throughout. Worms live in unhealthy secretion and one way to get rid of that is, by cleansing the stomach by emetics, (see Emetics,) and to drink about a pint of cold water daily, an hour before breakfast. Live right, (see Diet.) Beyond that, the chances must be taken with medical poisons ; concerning which I have no advice to give : but I must add, live right and have the children do the same, i. e., in such manner as not to beget and breed worms.

Hog meat is credited with originating the tape worm in the human subject. Do not eat it.

To get rid of the anal or pin worms that infest the rectum or lower bowel and the anus or vent, take full injections of blood warm water three times a-day for several days, until they are all evacuated, and their germs also. Finish each time with a cold charge. The rubber syringes are best.

Abscesses, Ulcers, Fever Sores.

An abscess is a deep-seated boil or collection of pus, often caused by a blow or hurt. Treatment same as for a boil, though fuller, which will cause it to be absorbed or scattered and 'thrown out,' if the sweating is thorough; or else it will 'point,' discharge the pus and heal. A system debilitated by gross living, liquor drinking, etc., is easily injured, and very liable to abscess in many portions of it. Known by a fullness or swelling, with, heat and throbbing, pain, and usually some feverishness. (See Liver and case of abscess in that organ.)

Ulcers, Fever Sores, Old Sore legs, Sore heads, etc. All old scrofulous, venereal, brandy, whisky, etc., sores. These uniform witnesses of violation of natural law—fortunately for the transgressor in general—if not too far advanced in life and the injurious effects of transgression, may be cured, by reform in habits to commence with, and by the adoption of every requirement of natural law. (See Diet, Exercise, Sleeping, etc.)

TREATMENT. — Thorough sweating

twice a-day ; drinking very freely of cold water, particularly during the sweating. Bathe and wash the ulcers or sores frequently with hot water, and constantly wear the fomenting wet bandage, to be kept wet until healed. Finish the sweating-bath by a cold dash, which see.

I trust those who possess and read my book will avoid the errors which cause so much unnecessary suffering.

Absorption.

When sickness has caused the 'loss of flesh,' as it is termed, water will assist in restoring both the weight and bulk, by drinking it freely, as it is absorbed through the stomach, etc., and taken into the circulation. And a pleasantly warm bath of an hour's duration may be taken, during which time a considerable amount of water will be absorbed through the skin ; and as the human system consists of four-fifths of fluids, it can be seen, that to restore what has been lost, must favorably affect both the feelings and the condition ; which it does, causing an increase of nervous force and strength. In addition, take a pouring head-bath and the cold dash.

When tobacco and other poisonous poultices are applied to the belly or other parts of the body their poisonous qualities are absorbed through their fluidity and cause effects almost or quite as dangerous and severe as though taken into the stomach. Many children have been killed in this way in endeavoring to kill worms ; dying in frightful spasms.

Acids.

The concentrated acids are very dangerous to have about a house, and as there is no good reason for having them, ought never to be found in any home, to endanger the welfare or lives of its members. They are acetic, citric, muriatic, nitric, oxalic, prussic, sulphuric, tartaric. Suffering and death has resulted from having them about the house, in a large number of instances.

If you will have them, have the antidote to their effects, with directions as to its employment to accompany each poison, and keep them together, because before you could secure the aid of a physician, deformity for life, or death would occur.

Vinegar.—The usual use of Vinegar is objectionable, because but little can be purchased that is not fortified by sulphuric acid; besides, as it is the result of fermentation and decay, it is 'full' of animalcula, and should always be well heated, even to the verge of boiling, before using, to kill the animalcula; and then its frequent use would be very injurious to the stomach, and more so to the teeth.

Acids in disease.

In fever, in disordered conditions of the liver, and in some other diseased states of the digestive organs perhaps, there is a craving for acids. I always advise in such cases the use of limes and lemon and sour oranges, either to suck the fruit or as a palatable drink, sugar being as sparingly used as possible. Also the water of tamarinds, or of sour dried plums, or sour dried apples; boiling water being used to steep them in, or to stew them until the water boils, and then to cool before drinking. The mouth ought to be well rinsed after using these natural and simple acids.

ALCOHOL. —ALCOHOLIC LIQUORS.

Brandy, gin, rum, whisky, wines, cordials, ale, beer, porter, 'bitters,'
tinctures, cider, perry.

Alcohol, the intoxicating and stupefying element in all fermented and distilled liquors, is a narcotic poison, (that is any substance which can produce just such effects as it does, and death in addition, which it also does,) the positive effects of which cannot be questioned, because they are exhibited in millions of cases daily—nay hourly.

Disease is created, aggravated, perpetuated, not only in the instance of the users, but in the baneful effects entailed "upon their children and their childrens' children, to the the third and fourth generation of them that hate me, saith the Lord."

Crime, destitution, misery and suffering also marks the pathway of the monster vice of liquor drinking —this inexcusable vice, upon any common sense view that can be taken of it.

It is not food; it affords no nourishment to the human system; it is not

digested or assimilated ; but it is taken into the mouth alcohol, and it is thrown out of the system alcohol. It courses the blood vessels, riding therein as an intruder and burden, penetrating the brain and every portion of the system, even to the capillaries, (the hair like blood vessels,) and causes that feeling of flush, fullness, and sudden and unnatural heat always experienced after drinking liquors ; which ends in a depression in greater ratio than the exaltation, stimulus or excitement. This causes a craving for more to relieve the depression, and if this craving is gratified, the moderate drinker comes upon the scene, in turn to become the sorrowful and ever-to-be-pitied drunkard.

The allopathic or 'regular' drugging system not only sanctions, but encourages the use of the liquors which cause every degree of crime even to arson and murder, and some of its leading practitioners descend so low as to give their names in recommendation of brands of liquors to the public, which are paraded in the papers ; in addition to the fact that they order their use by the sick :

thus adding to the ever increasing army of the intemperate and the drunkard. For this crime against mankind, in assisting to undermine the very foundation of their welfare in sobriety and health, and the happiness of home and society at large—that branch of the profession deserves the execration as well as the pity of all rational, sober thinkers.

The doctor who gives his sanction for the use of liquors, especially in the treatment of disease, is either ignorant of the highest resources of his art, or else is pandering to depraved appetite for the sake of practice; because good and proper food and hot and cold water, will effect not only all that is pretended to be obtained by the use of liquors, but far greater and lasting results.

If ignorance is the shield of such doctors, it is high time they should learn their art so as to properly practice it, or abandon it to those who are better informed and more competent and worthy to fill the place they discredit. These whisky and tobacco prescribing doctors are 'public enemies,' and ought to be dealt with under the 'articles of war.'

The 'bitters' which have now become an article of common whisky-mill commerce as a pretended cure for dyspepsia, and all the tinctures of the drug-shops, are but lures to dram-drinking, and are the 'jack-o'-lantern' that leads to the 'dead-fall' and the drunkard's doom.

Apoplexy.

This is a disease to which the plethoric or fat, fleshy, are peculiarly subject. Constipation of the bowels, inactivity of the system generally, as well as physical inactivity, and inattention to healthy physical requirements are the causes of this ailment.

TREATMENT.—I will describe a case which occurred during a lecture I delivered in an Eastern city, in 1851; and this will give the treatment in an emergency, a usual occurrence in the cases of those who are subject to apoplexy and epilepsy.

A very fleshy individual who was sitting nearly in the center of my audience (numbering several hundred), was seized with an apoplectic fit. Seeing a commotion I inquired as to its cause and was

told that a man had a 'fit.' Said I, "if all will quietly keep your seats I will show you a test of the water treatment." Clearing a suitable space and placing the sufferer in position while one went for a pail of cold water, I then gave him a pouring head-bath, (which see) two or three pails of water being all that was required. Towels being furnished I wiped him dry, arranged his clothing, (for of course it was loosened), made him comfortable, gave him a copious drink of water; changed his seat, and he remained to hear the conclusion of my lecture.

The incident produced a profound impression. The interruption did not exceed thirty minutes and not one out of my large audience left the hall. A few days after that occurrence, another individual who was present on that occasion was seized in an apoplectic fit at his own door, was carried into his house, was duly medicated and—died.

This affection is characterized by a loss of consciousness or sensation, motion, and by stertorous or heavy breathing.

The position must be an easy lying

one, so as not to interfere with breathing, yet such as will permit the head-bath to be given in an efficacious manner. Have a free circulation of fresh air. Have no by-standers beyond those whose assistance is required.

In critical cases—such as wheezy, puffy persons with sluggish circulation, in addition to the head-bath, apply hot wet cloths to the chest and change often to *keep them hot* ; two sets are necessary : (see fomenting wet bandage for the style of bandage) : they must be large enough to cover the entire chest. The pouring head-bath must be continued until the head is very cold when the breathing will become easier and consciousness will be exhibited. A few minutes may be given for reaction and then repeat the pouring head-bath if required for perfect restoration. If properly managed, death from apoplexy would seldom occur.

The chief distinction between this disease and epilepsy is, that in epileptic fits there is foaming at the mouth and convulsions.

A case occurred on a street in New York, which I restored by the aid of two

pails of water, though violently opposed by the by-standers. If an allopath had been in the case with his bleeding, the man might have had a narrow escape from dying.

A gentleman in New York, distinguished alike by position and wealth, who also could command the 'very best medical aid,' has just closed his earthly career (April, 1878,) in an apoplectic fit, at only fifty-two years old. The treatment I advise is almost a guarantee against fatal results in such a case.

A drunken stupor is sometimes mistaken for apoplexy, but a whisky breath should prevent any such mistake. Treatment for a dead-drunk you will find under the caption of 'Drunken debauch', which see, as it may enable you to benefit some victim of intemperance.

APPETITE FOR FOOD:

Lost—Restored.

From whatever cause appetite has been lost, it can be restored by taking the following course: Commence with a daily sweating-bath and pouring head-

bath, for a few days; then add daily emetic, (see Emetics,) followed by a pouring head-bath. Within a few days appetite will not only be restored, but a zest be given to it which will compensate for all your time and trouble. (See General debility.)

Bandages—Cold, Hot.

Soft old linen table cloth or soft old linen toweling is the best for bandages, are to be used from six to eight folds thick and of a size to fully cover the affected part or to be larger.

If to be used hot, are to be dipped into hot water and be squeezed (not wrung,) out to barely not drip and be applied as directed, being covered by several thicknesses of flannel to retain the heat, and to be changed often enough to be kept hot. By flannel, I mean always woolen, not cotton stuff, which so many persist in calling flannel.

If to be used cold they must be dripping wet or just off the drip, and be changed as soon as they begin to get warm. They must not be covered: the object being to reduce heat as a deriva-

tive and tonic. Have two sets of cloths to change and keep cold. Wring them as dry as possible every time they are changed, before re-wetting.

Old linen table cloth and soft old linen toweling, also pieces of flannel and blankets, ought to be carefully preserved by every housekeeper for such uses ; being worth ten times more than new and harsh linen would be. White paper-muslin the sizing being well washed out, is also very good for bandages.

Bleeding.

From slight wounds or cuts can be stopped by bandaging the part, and pouring a stream of cold water *around* it, or by applying wet cloths dipped in ice-cold water. This also prevents inflammation.

If the wound is *below* the middle of the upper arm, or below the middle of the thigh, tightly tie a handkerchief around the limb, above the wound, and if necessary to tighten it more than you can readily do it, take a twist in the handkerchief with a stick until tight enough to stop the bleeding. Cleanse and bandage

the wound as directed farther on, and so also in all cases.

If the wound is above the middle of the arm, the bleeding is to be stopped *by pressing firmly into the neck, behind the middle of the collar bone, before the top of the shoulder.* The thumb may be used until the ring of a door key can be wrapped with a few folds of cloth, which will give firmer pressure, which *must be continued until the surgeon arrives.* The wound is to be cleansed and bandaged as directed farther on.

If wounded on the thigh above the middle, pressure must be made *immediately below the crease of the groin*, with the key, same as for the arm, or by a suitable round end stick covered, and at right angle to the body which is to be lying on the back. Pressure to be continued until the surgeon arrives; cleanse and bandage as directed farther on.

When the wound is below the elbow or the knee, the best plan is to tie just above the knee or elbow.

Ice or snow, or ice-cold water with careful bandaging, will stop quite severe bleeding without the ligature of the leg

or arm, in some cases, and the tight ligature must be continued only while the wound is being dressed and bandaged, unless bleeding is renewed. Cleanse the wound from dirt or foreign substances; unite the parts carefully and confine them with strips of adhesive plaster or court plaster, or with narrow strips of cloth or tape around the limb; then put on a covering of lint to assist the blood in coagulating or thickening; then make a pad of six or eight folds thick of soft old linen table cloth or towel large enough to fully cover the wound, which must be fastened securely in its place. Keep as still as possible so as not to interfere with the parts uniting. An ice or snow poultice (which see) ought to be applied around the wound, but *not* to it, be put on five minutes, then off five minutes, and so on alternating, during an hour, which will assist to stop bleeding and to prevent inflammation. It must be continued longer or be repeated, if there is a continuation or renewal of bleeding. If neither snow nor ice is to be had, use the coldest water to be had and apply around the wound, but not on it, by wet

cloths, having two sets and changing often to keep cold. Ice-cold water is the best. If the water is not quite cold an arrangement ought to be made to pour a stream upon the surrounding part, as that would be much more efficacious than using wet cloths unless you have ice-cold water.

Sometimes it is necessary to take a few stitches to hold wounded parts together. In such cases it requires a watchful eye and steady hand, not to penetrate beneath the skin; a clean, sharp pointed needle, white thread or silk, all oiled; the stitches according to the necessity, about an inch apart or less; each stitch is to be tied separate with a knot that will not slip; the stitches to be taken out in two or three days by cutting the thread on one side of knot and gently drawing the other through. Careful persons generally can manage to sew up a wound quite well, but the edges must be brought into place by the plaster or bandaging strips before the stitches can be put in. The wounded part must be bandaged tight enough to take all strain off the stitches, which is done by having

a strip of cotton cloth about two inches wide to wind 'around and around' and pinned at the end, is the finishing appliance.

The ice poultice or cold wet cloths, to be applied around the wound several times a-day as before directed to keep down inflammation and promote healing.

As soon as the wounded part unites it is to be kept clean by bathing it carefully.

Bleeding from wounds on the skull, face, and over a bone, may be stopped by the pressure of a pad or cork, if small; and the addition of cold applications around, but not on them.

In all cases of severe wounds, call the surgeon, for safety, even though you think you can succeed without him.

Wherever there is exposure to accidents, soft, old worn out linen table cloth and soft old worn out linen towels ought to be kept carefully, and also a supply of lint, either obtained from the store or home made. Also, some adhesive plaster, to be kept from the air.

I have had several tests of the reliable efficacy of water-dressing in such cases and of the surprisingly short time in which wounds heal.

Nose bleeding. — For this affection, which is sometimes a serious matter, the pouring head-bath, extending to the neck, but commencing, as always, with the top of the head. (See pouring head-bath.) Very cold water is best. Steady and firm pressure upon the nose assists; or a plug of soft old linen rag will perhaps be best. Ice-cold water may be applied to the forehead, nose and cheeks. Generally cold water applied to the forehead and nose is sufficient to stop bleeding. I have seen it tested very often.

THE BLOOD.

Purifying the Blood. Blood Purifiers.

Blood Making. Good and bad Blood.

Nothing can be more important than pure blood, "for the blood thereof is the life thereof." The secret of purifying the blood lies in the use of pure and wholesome food, and the making of blood also; with pure air, pure water, and healthful exercise: the food to be properly chewed, and a healthy stomach to digest it. (See How to Eat, Diet, Exercise, Sleeping, Ventilation, etc.) These are the blood purifiers.

A doctor who talks or writes about purifying the blood with medicines is—well, I do not know what to call him—but ‘awful’ mean and contemptible, at least. As for the quacks who parade their nostrums through papers and the press, the ordinary intelligence should adjudge them to their discomfiture : but trusting to the popular ignorance they carry their game of deceit with a high hand, and millions of dollars are annually paid for miserable quack medicines most of which are not only worthless for good, but are absolutely hurtful : and the purchasers of which would indignantly reject the common sense ideas I have advanced, which any dolt almost ought to see are correct, without a second thought.

Good blood is the product of Graham flour bread or mush, cracked wheat, potatoes, beans, peas, etc., and fruits and melons with pure air and water.

Bad blood is the product of animal food, fiery condiments, liquors, tobacco, rich pastry, cake, etc., and being afraid of pure air and sunshine.

Boils, Carbuncles.

These afflict both those who live too 'high' or too grossly, as well as those who are ill-fed and poorly housed. They are an evidence of debilitated condition. Regard to diet is necessary in both phases.

TREATMENT.—Thorough sweating, if troublesome or aggravated, daily, followed by the pouring head-bath, and the application of hot wet cloths to the boil and surrounding parts, half an hour or more at a time, two or three times a-day and wear a fomenting wet bandage to cover it and surrounding parts constantly after the hot application. The result will be that it will be either reduced, absorbed or scattered, or else 'come to a head,' suppurate and heal speedily. If a 'core' forms, when it is 'ripe,' if a stream of cold water is poured on the surrounding parts, (*not on the boil,*) it will, in many cases, 'pop out,' as if done by a force behind it—which indeed, the constriction caused by the cold water is.

Add the dripping wet sheet as a derivative twice a-day; or if more convenient, the cold sitting bath, provided the boil will not be in the cold water.

Carbuncle is a malignant boil.

The object in using hot applications in this case and for ulcerated sore throat and all ulcers is, that it quickens the circulation, which promotes healthy granulation and prevents the formation of pus. Ulcers are to be kept clean by frequent washing with warm or hot water.

Bones—fractured. Necrosis of the

Broken or fractured bones ought to be attended to by a surgeon, but if it is impossible to obtain the needed aid, an intelligent, careful individual might readjust such fractures as presented no serious difficulty, requiring amputation ; but get a surgeon if possible. To prevent inflammation until the surgeon arrives, and to do so after the bone has been 'set,' keep wet cold cloths on the near surrounding parts and do not be afraid of having them too large or too thick for they should be from six to eight folds thick, of soft old worn table linen or old linen toweling, and be *kept wet* and cold. This method of preventing inflammation probably would be

sanctioned by any surgeon, or if not ought to be, as it is of unequalled efficacy in dressing wounds of all kinds.

Necrosis or death of the bones is the result of injuries by which inflammation is caused ; or is owing to the destruction of the periosteum or membrane covering the bone affected, which is the source of life to the bone ; and this may also be caused by scrofulous or venereal sores. The strictest attention is required to prevent this state. The treatment is the same as for Abscesses, which see. Surgical aid may be required, unless very energetic treatment is given.

Caries or ulceration of the bones is to be treated in the same manner.

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THE BRAIN.

Abscess. Softening.

Drowsiness, dizziness, general distress of feeling, are the first indications of these affections, for which there is no cure but in the most perfect restoration of vigorous health.

CAUSES may be from inflammation by blows, concussion by falling, or through the usual excess in gross food and liquor drinking, use of tobacco, sexual excesses, etc.

TREATMENT.—The pouring head-bath on rising in the morning, and three or four more during the day, giving them thoroughly and in the manner directed,

to allow reaction. Also, with moderate heat, a thorough sweating-bath, daily. Drink freely of cold water.

If this treatment will not cure, the case may be considered hopeless. (See Diet, Exercise, Sleeping, etc.) A cure is always doubtful in such cases; and under 'regular' drugging could not be even hoped for.

Concussion and Congestion of the brain.

By blows, falling, etc., and as in Apoplexy, Sunstroke, Heatstroke, Coma, etc. (which see for special treatment), can be treated generally as for Inflammation of the brain, which see.

Dropsy of the brain and head.

It causes enlargement of the head, with drowsiness, stupor, languor, constipation of the bowels, feverishness and general distress.

Children are most frequently the sufferers by this affection, and the treatment can be modified to meet their cases. Attend to diet, exercise, sleeping, etc., which see. Drink freely of cold water, for in all dropsical affections the blood cannot be too freely fluidized.

TREATMENT.—The pouring head-bath on rising in the morning and a steam or sweating-bath twice, daily, with the pouring head-bath before and after each sweating.

Whenever there is an oppression beyond the usual experience when the stomach is 'out of order,' at once take an emetic, (see Emetics,) and also daily during a week if the feeling continues, and a pouring head-bath before and after each emetic.

If the liver is torpid in either case, take in addition, the sitting back-bath, which see.

Inflammation of the Brain ;

Brain Fever.

Delirium.

(*Phrenitis.*)

By the aid of the pouring head-bath, I have reduced a raging delirious fever in less than half an hour, and in one such instance the patient walked in a few hours afterwards, a half a mile to get a steam bath. One more head-bath same day, and treatment followed up for a few days, and a threatened severe attack of disease was cured.

I mention some cases to show the efficacy of treatment, and to give assurance to those who are not aware of the remedy for suffering which may so readily be resorted to.

TREATMENT.—The pouring head-bath until the fever is entirely reduced. As many may be taken as is required to keep it subdued; then a thorough sweating; copious water drinking; and if any farther aid is necessary, the dripping wet sheet. Continue treatment until cured.

Do not be afraid of eating plain food. If the stomach is 'out of order,' take an emetic or two. (See Emetics.)

For all inflammatory affections of the head the treatment is the same as for inflammation of the brain.

The head, and particularly around the ears, and the neck, ought to be thoroughly bathed with cold water every day, to strengthen those parts and thus to enable them to resist or avert diseased action.

Bread and mush making.

The easiest method of baking bread is to use the gem pans (kept by tin smiths and hardware stores,) and the

bread which is produced, is the sweetest and best. When you intend to bake with them the first thing to be done is to get a hot, quick fire. Put the pans upon the stove or in the oven, and let them be heating while you are mixing your batter, which is done with cold water, (no salt nor soda, etc.) to a consistency which will spoon into the pans and just hold its own shape after it is dropped into them—not too thick, for then they do not lighten sufficiently,—nor yet too thin, for then they are moist and mushy inside. After mixing the batter, slightly butter the pans to prevent sticking. The oven being a hot, quick one, the pans are put in, and may remain about twenty minutes before looking at them. When done they are a chestnut brown color, light and handsome as a fancy cake, and the sweetest and most nutritious bread that can be made. One or two trials enables any one to succeed.

The only flour that I allude to is the unbolted wheat meal or Graham flour, the fine flour being really unfit for human sustenance.

Unfermented bread may be baked in

regular bake pans, the batter being about an inch thick. It requires the same kind of a fire.

Graham flour 'rolls' are very sweet and easily made. The dough is made by adding only cold water to the flour, kneading it stiff, and rolling it in pieces four to six inches in length and about one inch thick, or diameter. Bake same as gems. If the oven is right, and the pans have been properly heated, a crust is quickly formed which retains the air and moisture, and as the heat causes the water in the dough to expand and vaporize it separates the particles of flour and makes the gems, bread or rolls as light as any one need require, who is not a hopeless 'Miss Nancy.' 'Light bread' is not more digestible than that which is more solid; while 'light bread,' fermented with yeast or 'physicked' with soda, saleratus, etc., is *positively injurious*.

Mush.—Graham flour absorbs much more water than fine flour, and more than Indian meal.

The mush boiler is one of the greatest conveniences of cookery. It is simply to have a tinsmith make an inside tin kettle

for the iron pot which has the bulge or swell, so that fitting tight around the top, (having a thick wire turned in the rim) it hangs in it like a glue kettle; the cooking being done by the boiling water and steam in the iron pot. Mush, rice, beans, etc., are cooked without burning or watching and require only one stirring when about half done. Fruits are stewed and milk scalded in it without any trouble: the only care is to keep water enough in the iron pot and to keep up a good fire. This is a substitute for what is termed a "farina boiler," either being a most desirable piece of stove furniture, and a great economist of time and trouble in cooking.

Broken Breast.

(Mammary abscess.)

Prevent—this is the word: and unless caused by an accidental injury (or a blow from some wife-beating brute) —it can be done. It is an accompaniment to child birth and nursing, caused by stimulation, overheating, and bad management generally. (See Sleeping, Bedding, Ventilation.) Guided by my advice in such

cases this difficulty has never occurred. Indeed, I can not imagine it to be possible that it could occur. My book upon the subject of midwifery will fully explain why.

As soon as any indication of trouble is felt by pain or by swelling or 'caking,' bathe the breasts thoroughly with warm or hot water, several times a-day and wear the fomenting wet bandage (which see), and make such change in your diet and other arrangements as you may feel is necessary. (See Diet, Clothing, etc.) If you have ceased to 'flow' take a warm water bath, daily. Commence with the treatment as soon as you feel that all is not right and then a few hours of attention to yourself during a day or two may save you much, and tedious suffering.

Bruises.

A severe bruise is a serious affair, as mortification may result, to be followed by amputation and perhaps, death.

TREATMENT.—Bathe the injured part in water as hot as you can bear it; or if the injury is located where it can not be

immersed, then apply soft old linen towels or old linen table cloth, of six or eight folds thick to cover the injured part, wet with water as hot as you can bear it—the hotter the better if there is discoloration and it is ‘black and blue’—and change them often enough to keep them hot. Water hot enough to almost scald the uninjured flesh will only feel mild and pleasant to that which is injured. *This must be continued as long as there is any appearance of discoloration remaining. It must be effectual at first.* Repeat the process in five or six hours, bathing the parts a few minutes with cold water after each process. The following case will make the treatment more explicit, or at least exhibit its results in a clear light.

A very severe bruise and treatment.

In 1853, in San Francisco, a lad, son of a poor woman, was kicked by a horse. My attention was called to the case some hour or two after the occurrence. Finding that from her poverty she had not called upon a physician, I volunteered my services.

The lad was lying in bed, and already

the *entire hip and upper part of the thigh*, was literally 'black and blue': the horse having kicked him squarely upon the hip just about the thigh joint. The mother was washing and had boiling water in abundance. Folding some old towels to cover the injured part and wetting them in the boiling water, squeezing them to prevent unnecessary dripping I applied them during about an hour, instructing her how to manage them, and then left her with a strict injunction to continue the process until all the 'black and blue' was 'gone': to be followed by a cold wash off and a fomenting wet bandage to be applied afterward and to be kept wet until I called again. The next day it was impossible for me to see him, but the day after I called and on inquiring how he was, received for an answer, 'he is all right.' Asking to see him, I found he was not at home! Asking if all the 'black and blue' (extravasated blood,) was gone, was told it was; and if she persevered as I directed, and as to how long it required, she replied, 'about two hours.' Such a case is worthy of record. Treated with cold water,

or under the ordinary allopathic practice, I could have entertained no hope that mortification and death could be prevented; neither could any sane person. I never before or since have seen such an extensive contusion; and the rapidity with which the injured blood vessels were restored, proved the soundness of my views under the most exacting demand. The treatment can be depended upon. I have always employed hot water for bruises and sprains.

Burns. Scalds.

In all cases of burns and scalds if the clothing sticks to the injured part let it remain until it falls off in the course of treatment, as by that means the tearing off of the skin is avoided and the healing process will be quickened; the clothing must be dripping wet while it remains in contact, and be secured in place by narrow bands.

TREATMENT.—Bathe the injured part, by immersion in cold water, *keeping it cold*, by changing or addition, *until the pain of the inflammation ceases entirely*—hours if necessary. While the water

remains colder than the injured part, the pain will decrease and cease as soon as the injury is overcome.

If the injured part cannot be immersed pour a gentle, but constant stream of cold water over it, until the inflammation is reduced, or apply soft old linen cloths of six or eight folds thick, which must be kept dripping wet and be changed often enough to keep them cold, and the skin must be kept wet. If the skin has been torn off or destroyed, a covering of very fine linen must be laid over the place and it must be kept wet until new skin forms; or a coating of 'white' of egg, may be applied, the object being to keep the part from exposure to the air: but in all cases the first thing which must be done is to *entirely reduce all inflammation and pain, and to persevere until it is done.*

The 'white of egg' can be applied by the aid of a feather or a flat camel's hair varnish brush, or by a piece of soft rag rolled to the size of a finger. It will require several applications and frequent wetting with water to keep it soft and from peeling off, which it will, when it

gets dry. Collodion also makes a good dressing.

Inhaling steam or fire flame requires the drinking of the coldest water and holding cold water in the mouth, constantly changing it, and to be aided by cold bathing of the head and neck. Get ahead of the injury by perseverance, before you cease your efforts, for you will not only save work but may also, immense suffering. If the mouth is scalded by hot drink or soup, as may accidentally occur, resort at once to same treatment. It is remarkable indeed, how speedily cold water (and the colder the better) gives relief and cure in burns and scalds. I have seen instances in which clusters of large blisters covering a space of several inches, were reduced, the lymph absorbed or exuded, and the skin restored to its natural condition without losing it or leaving a trace of the injury, solely by the continued bathing of the injured part, which was effected within two hours--the pain being relieved immediately on immersion. Of course, a slight redness remained for a short period. In these cases the treatment was immediately following the accident.

Some years ago, in Ohio, a boiler burst, scalding two men very severely. One of them ran out of the engine-room and buried himself in the creek by the side of which the mill stood, and would not leave it until he had lost all feeling of pain, although it was during the winter season and his friends were entreating him to come out of the water. When he did leave the water and his clothing was removed, it was found that his skin was 'whole and sound'; while the other man, who refused to follow him into the creek, was 'skinned alive,' in taking off his clothing, and though treated with the greatest skill according to the old mode, died in intense agony. The other man was perfectly restored within a few days.

As it is in fever and inflammations, so also in burns and scalds, there is no means for relief and cure that will compare with water—most blessed water.

When clothing catches fire as so often happens to women and girls, by wearing so much cotton; and through the careless handling of inflammable oils and burning fluids, the first thing to do is to

sit or lie down, and if possible wrap something around them by which the flame will be smothered, or if there is plenty of water at hand to put out the fire give it the preference, but in no case stand up or run, for it is almost certain death to do so. If extensively burned or scalded immerse yourself or others in a barrel, bath-tub or pond of water and stay there until all pain is subdued.

Burying the dead.

The danger and the risk of burying alive, the so-called dead,—but who are not dead, only lying in a state of complete prostration in catalepsy or trance and coma, lethargy or carus, (the last stages of coma or stupor) —is realized to be so great that there is less danger of being buried alive now than even a quarter of a century since; yet no doubt but many are doomed to that horror of horrors. For reference to my own experience and narrow escape, see article—Small-pox.

Nothing short of the most positive certainty should exist before the coffin is closed—even to the commencement of

putrefaction. The last effort to retain hold upon life and to reanimate should be the pouring head-bath or careful application of an ice poultice to the head and hot cloths to the chest if any doubt exists or any hope is left. (See Death.) Bleeding, or the attempt to bleed, also should be tried in such a case: yet that test can not be depended upon in all cases.

Cancer.

Gross food and irritating condiments, liquors, allopathic or 'regular' drugging for ailments, perhaps inherited tendency, and a blow or wound, and a cancer is developed; which, under any publicly known method of 'regular' treatment, is seldom cured. I have had but one opportunity to treat cancer, and having formed an opinion of the causes, and method of treatment to be pursued, I will give the case and its result.

Cancer of the breast—The left, known as a 'rose cancer,' large, well developed, ulcerated, offensive.

The subject a woman of about forty years old, in a very debilitated condition, whose antecedents had been, in diet,

etc., as unfavorable to health as well could be.

She was at once placed upon the health giving diet I direct; taught how to eat; stomach strengthened; permitted to eat all she could digest; drank freely of water between meals; had two steam-baths a-day; wore fomenting wet bandage on the chest all the time and once a day I applied a caustic solution of one part sulphuric acid to sixteen of water through the medium of a couple of folds of fine muslin saturated in the solution, aided by a light direct galvanic current, the positive pole being applied to the cloth—the negative pole being with her feet in a foot-bath. A hole was cut in the cloth a little larger than the cancer, as it was too tender to permit the touch of the acid solution. The breast was kept clean by frequent attention, of course.

Under this method of treatment health was rapidly restored with great gain of flesh and vigor. At the end of five weeks she was progressing in the most satisfactory manner, and the cancer was evidently 'sloughing out.' At this junc-

ture her husband put in an appearance, (she was 'from the mountains,') and demanded and commanded that she should submit to the knife. That ended my care of the case, and prevented my ability to assert that nature's regulated and renovated powers were sufficient to cast out this (d) evil.

The first word the surgeon uttered on seeing the breast was "what have you been doing? this cancer is dead." Some two or three weeks after the operation she reported that she suffered ten times more from the use of the knife than she had ever suffered from the cancer.

Any one who has canker sore mouth, or one who has sprung from a scrofulous father or family, or is scrofulous, should be warned, and give up gross food; especially hog-meat and all irritating condiments, salt, spices, liquors and tobacco, which last article induces cancer of the mouth, lips, and stomach. Oh, when will appetite for gross and foul food and death dealing liquors and tobacco be conquered?

Catalepsy. Trance.

A state of unconsciousness to external objects in which the power of voluntary motion is lost. It occurs in weak and debilitated persons, generally to females and children. To restore to consciousness in many instances it would only be necessary to give a pouring head-bath. In many other cases,—as this, or a kindred state is induced by physical magnetism or mesmerism,—it might be found that nothing but magnetism could arouse the unconscious one. If the head-bath fails, the aid of a good magnetizer should be obtained : if unattainable, then the aid of some healthy, kind and willing man who would hold the hands of the unconscious in his own until an even degree of warmth is induced, and as it were, a sympathetic condition of the circulation. This done, in a quiet and composed voice, call the person by name and inquire if they have not slept long enough, by way of assertion —“You have slept long enough.” The answer will be “yes.” “I am going to wake you up by making backward passes over your head,” and proceed with both hands,

commencing just below the chin to make passes backward, extending over the top of the head, the fingers bent enough to bring their ends toward the head and face; the hands not meeting, but on the line of the nose. This is the way to arouse from the magnetic induced sleep or catalepsy, and would, I doubt not, succeed in natural trance and catalepsy. Continue the passes during thirty minutes with a moderate and steady motion, only one or two others being present, who are in sympathy with the operator and the object, and no talking or motions to call off his attention. If unsuccessful at first, let the attempt be renewed in an hour or two, and be repeated several times. If communication is established, as may be, although unconscious to externals, ask in what way they would prefer to be waked up.

Who that is acquainted with the wonders of magnetism or psychology—with trance and other phenomena—will hazard an estimate of the number who have been buried alive in a state of catalepsy, trance, coma?

If this state continues beyond a few

hours, an effort might be made to give water to drink - but be careful. See page 57, in the case of a magnetizee. By drinking water, and covering closely and sufficiently, a good sweating might be induced, and this would aid materially in quickening the action of the brain and nervous system.

CHILDREN.

How to keep them well. How to make them well.

(See Bedding, Sleeping, Ventilation, Diet, page 27 to 47.)

Clothing. — Children's clothing ought always to fit loosely to give opportunity for expansion and freedom of motion. Owing to their lack of thought and care in their wild sport, they get overheated, and sweating perhaps profusely, they sit down exhausted, in a brisk breeze, and become suddenly chilled. Clad in cotton underwear, it is in its moist state, a rapid conductor, exhausting the heat of the body and this is productive of evil consequences in exhausted vitality, ending too often in violent inflammation, stupidly called a 'cold' and fever. To pre-

vent this result in most cases it would only be necessary to dress them loosely with woolen underwear: then in the first place they would not sweat so much and if they did the flannel (woolen, not cotton), being a non-conductor, would prevent the evil consequences. See what I say about hats and caps, page 98, and cut holes in the boys hats and caps.

Look well to the clothing of the girls.

Read the following paragraph. May it do you good and some one else, or many more, through you.

"The reason why children die, (says Hall's *Journal of Health*,) is because they are not properly taken care of. From the day of birth, they are stuffed with improper food, choked with physic, suffocated in hot rooms, steamed in bed-clothes. So much for in-door. When permitted to breathe a breath of pure air once a week in summer, and once or twice during the colder months, only the nose is permitted to peer into daylight. A little later, they are sent out with no clothes at all on the parts which most need protection. Bare legs, bare arms, bare necks, girted middles, with an in-

verted umbrella, to collect the air, and chill the other parts of the body. A stout, strong man goes out in a cold day with gloves and overcoat, woolen stockings, and thick double-soled boots, with cork between and rubbers over. The same day a child three years old, an infant in flesh and blood and bone and constitution, goes out with hose as thin as paper, cotton socks, legs uncovered to the knees, neck bare ; an exposure which would disable the nurse, kill the mother outright, and make the father an invalid for weeks. And why? To harden them to a mode of dress which they are never expected to practice. To accustom them to exposure, which, a dozen years later, would be considered downright foolery. To rear children thus for the slaughter-pen, and then lay it to the Lord, is too bad. We don't think the Almighty had any hand in it. And to draw comfort from the presumption that He has an agency in the death of the child, is a presumption and a profanation."

TEETHING.

This is a period of great trial with many children. The unhealthy state of so many mothers and their improper diet, renders their children less able to bear this period than otherwise they might be. At the best, it can scarcely be expected that it should be free from some disturbing influence. My observation has been that the vegetarian children suffer but little.

That there must be some measure of inflammation is to be expected. Mothers and nurses all understand the nature and symptoms of teething, and all womankind know that it is a time of trial, because the contingencies of convulsions, fever, inflammation of the stomach and bowels, etc.

Now, I propose to teach all who are interested in alleviating infantile suffering, a very simple method, by which *the whole of it can be prevented*.

When the evidence exists that a tooth or teeth is, or are, about to affect the gum, by an indication of swelling, and uneasy sensations are exhibited by the

child, if ice or snow can be had, make up a little sack or 'tit' of a size that can be readily taken into the mouth. If ice, it must be in one smooth piece or be broken into very fine pieces, as if shaved; if snow, be formed into smooth shape. Wet a piece of fine linen or muslin and put your snow or ice into it. To induce the child at first, to suck it, you can powder it with fine sugar. Rub the gums gently with this and in a very short time the child will feel the soothing influence of the cold application and will not unfrequently grasp the 'tit' and maintain its hold as long as there is any ice or snow to melt. The beneficial effect is increased by the heat attracted from the lips, while the 'tit' is in the mouth.

This not only prevents all the acute, direct suffering, in the gums and mucous membranes, but all the sequences which otherwise characterize teething.

'Cutting' (lancing,) the gums seems a barbarous idea to me. I object to it also upon the ground that lancets that are not properly cleansed (and who will aver they always are or can be?) may communicate a deadly virus: beside it

is unnatural and uncalled for, and is done, I hope, only through ignorance. But I have a better way that I have practiced during more than a third of a century. I have never known it to be practiced by any other than myself and those whom I have taught.

In the absence of ice or snow, I use a 'tit' of proper size, wet with coldest water; having two or three, so as to change and keep as cold as possible; and this, with the aid of the cold wet bandages to the throat, often changed, so as to keep the throat cold for half an hour at a time, twice a-day, and a wash all over in tepid water once a-day, to allay the inflammatory action upon the gums—will enable a child and its mother or nurse, to pass through the period of teething with only a fraction of the trouble ordinarily experienced from painful teething and will prevent the lancing of the gums.

Ice or snow is always to be preferred, as the action is much more positive, with speedier results and less trouble.

The strength of the child is to be considered in giving full baths; but only a

few minutes need be occupied in doing it, so that reaction may be quick.

If there is no diarrhea, but especially if there is constipation of the bowels, let the child have all the water it desires to drink: but water must not be given in diarrhea unless the treatment for diarrhea is given, as it should be, in connection with the application to the gums.

The treatment is required only when the gum begins to swell or look inflamed and the child is restless; and when snow or ice is used may require application a few minutes at a time until the gums are cold, during only a day or two. In some instances I have known all the relief required, to be afforded in less than one day; of course at the different times of cutting the various teeth.

Convulsions, which so often occur during teething, *will be prevented* if the treatment is properly given. Should they occur, see Convulsions.

The great advantage of thus assisting nature, is seen and felt in knowing that all the pain and distress of this period is obviated.

There is no 'soothing syrup' equal to this great 'pain-killer,' in cutting teeth.

Wetting the bed — such a common trouble with children, caused by giving them tea and coffee to drink, which irritates the kidneys, and bladder. Discontinue the erroneous practice.

Prevent them from drinking water after the middle of the afternoon, and prevent thirst by not giving them fiery condiments, salt, sugar, etc. If very thirsty however, let them rinse the mouth well and take small sips only.

Children very often are too timid to get out of bed in the dark, even if fully awake. Countless whippings may be escaped if you are careful to adopt this rule about drinking. The habit of wetting the bed once formed, is difficult to break.

Weakness of the urinary organs is a frequent affection of children which is to be treated with promptitude and thoroughly, as such organic weakness increases. (See Urine, Urination,) and adopt such treatment as the case demands.

Habits.— Those formed in early life generally have the most influence, and

stick to us the closest: how important therefore, that they be the wisest and the best.

If mankind, in civilized life, is almost universally diseased, doctor-ridden, or rather doctor-cursed, and the cause lies at the door of appetite for gross food, irritating condiments, rich pastry, tea, coffee, liquors, tobacco, etc., will it not be wise to educate the children to better habits and free them from the curse of aches and pains and premature death, as far as possible? The answer ought to be, yes,—a thousand times, Yes!

Who will set about doing it?

If mothers desire strong and healthy children, they must live properly during the period of pregnancy, and during the nursing period, if at no other time: it would be an outrage upon truth to say that one in a thousand can now be accused of doing it. Does not the doctor order (question to the woman,) nourishing and strengthening food and drink, such as a nice beefsteak or mutton chop and beer or porter or a 'little wine'? and who could disobey the doctor? and if you have a 'broken breast' or 'milk-

leg' will not the doctor tell you that you have taken a 'cold'? Of course, he will, and you will believe it and wonder where the 'cold' was when you 'took it'; and perhaps the doctor will not know the insane dietary he prescribed for you and the errors he permits or commits are the causes of your suffering; and sympathetically that of your infant, for it must suffer with you and feel it more acutely. Your infant must suffer from the effects of the tea, coffee and stimulants you take.

Children ought never to be sick; and if nursed at a healthy breast, properly clothed and cared for, as suggested in the articles referred to at the commencement of this article, probably would not be: or if some inflammatory action occurred it could be immediately subdued. A 'cold' — an inflammation — is really about all that ails infants if the mother lives right. The next thing is a belly-ache or colic and diarrhea, and that is from some dietetic error of the mother, on her own part, if nursing, or in giving something indigestible or improper to older children. The diet I recommend

is the safe one for mother and children. (See Summer complaint, page 159.)

The happiest and sweetest little infant I ever saw was that of a mother properly advised in advance, who partook of all the fine vegetables and delicious fruits without making the slightest change in consequence of the coming of the 'little stranger.' I noted its progress during six weeks, in all which time it gave no sign but that of unalloyed ease and enjoyment; and such generally is the experience of well-advised mothers who are obedient to nature's laws.

Infants who are not properly managed, whose mothers are not healthy, are liable to have sore mouth and a rash and other inflammatory trouble. The mother must make an immediate change in her diet, and the infant must be bathed oftener, with frequent cleansing of the mouth.

For a 'cold' —infants and children too young to manage for a pouring head-bath, must have wet cold cloths six or eight folds thick, of soft old linen table cloth or towel, applied to the forehead and upon the nose and upper part of the face to reduce the inflammation. They

must be wrung as dry as possible and be re-wet, having two sets, to keep them cold. Apply them until the forehead and face is cold to the touch of the hand. Read the article 'What is a Cold?' page 91.

Coffee and Tea diseases.

All who use tea and coffee are aware of the fact that they have a positive influence upon the brain and nervous system, and for that reason they are used. Dr. ALCOTT, being of the opinion that they also produce other effects, instituted an investigation into these effects and the result he announced in an elaborate essay of the title of this article. He described the symptoms and action of tea and coffee upon the system of the regular drinkers of strong decoctions of them. I have not a copy at hand now to quote his words, but I know that the stomach, assimilating organs, and the alimentary canal and kidneys are injuriously affected, and that coffee is an injury to the heart and the blood, from its peculiar stimulus.

Chocolate is not as hurtful as either tea or coffee, but as it is entirely unneces-

sary to drink at meals, its use may advantageously be dispensed with.

Coma, or Stupor.

The only treatment that can be depended upon to arouse the nervous force in such condition is the pouring head-bath, or some substitute for it, by which the top, sides, *back* of the head and around the ears, can be rendered very cold; then stop a few minutes for reaction; apply again and so on, alternating until natural action and consciousness is restored. In some cases it may be necessary to apply hot wet cloths to the chest to assist in arousing the action of the heart. (See Apoplexy.)

In coma the nerves of feeling seem to maintain their sensitiveness while conscious will-power to submit to treatment is too weak to control, and there is great difficulty in giving treatment.

If the hair is made very wet, a rubber ice-bag or a bladder, containing fine lumps of ice or snow, could be applied to the top and back of the head, unless too much resistance is made. Five minutes

or about, on, and same off, and so on, alternating.

It might be possible to devise some method, but much would depend on the fact whether the person could be controlled so as to administer it. *The true plan is not to permit such a state to be reached*, by counteracting treatment in time to prevent it.

As soon as possible, add the spinal back-bath or back-application, which see. Also, bathe hands and feet in hot water. Drink cold water freely.

The motor life nerves—those controlling the windpipe, lungs, heart, esophagus or gullet, stomach, etc.—have their origin within the skull; hence the wonderful effect produced by the pouring head-bath in particular; as well as by any other mode which thoroughly cools and arouses or tones up the brain and nerves, as directed. Upon the strength of these nerves depends the very act of breathing, (life,) of swallowing food and its digestion, and drinking.

Coma is a dangerous state under any circumstances. It often results from the infamous system of poisoning the sick

with drugs and bleeding. For a very remarkable recovery from a protracted case of induced coma through 'regular,' or allopathic practice, see article—Small-pox.

Congestions. —Inflammations.

These are both internal and external. Congestion is an accumulation of blood in the blood vessels, resulting in inflammation or increased heat, from the distention and inactivity of the blood vessels, and lost vital action; which, unless restored, results in the formation of pus and the death of the parts affected.

Cold applications, and especially ice, *must not be made direct* to the inflamed or congested part. When used, ice is to be applied as a poultice, external to the part inflamed, as a derivative, and to be alternated, five minutes on and five off. Ice-cold water is safest and if properly applied will effect the desired purpose of preventing or subduing inflammation.

Two remarkable cases occurred in San Francisco, during the most momentous crisis in its history. Both individuals were prominent at that time.

Both were wounded in the same region—one by a pistol shot, and treated with ice direct—died. The other, who received a terrific cut with a bowie-knife, *would not permit* the use of ice, but ice-cold water, as a derivative, recovered. The difference was simply in the manner of applying the same means, viz: cold and moisture.

In giving ice in throat inflammation, in small lumps, the action is derivative, in fact, through its effect on the stomach.

Convulsions.

Ordinary convulsions or spasms arising from obstructions of the stomach or bowels, or disturbance of the circulation can be overcome by cold water applied by wet cloths to the person, or by dashing cold water over the body if control can not be had for a pouring head-bath: but, by assistance, give the head-bath, if possible. With cold wet hands have the feet well bastinadoed or slapped, by the open hand, until between the head-bath and the operation on the feet, consciousness is restored. If a gross eater or careless chewer of food, give an emetic

to cleanse the stomach, as soon as it can be done. (See Emetics.) Have a free current of air. (See Falling sickness — Epilepsy.)

Corpulence, fatness, obesity'.

The remedy for this state is quite simple. Discontinue the use of all gross or animal food, which includes butter, cheese, milk ; and sugar and syrups, fine flour bread, pastry and cakes, and potatoes. If in the habit of drinking ale, beer or porter, and wines and liquors they must be discontinued. Drink only water, and if you discontinue the use of fiery condiments, salt, and as above directed, your thirst will require but little water ; and then by rinsing the mouth and bathing the fore-arms and hands in cold water the thirst can usually be allayed without drinking.

Eat only Graham flour unfermented bread, gems or rolls ; (see Bread and Mush making,) and instead of butter, gravy, or any kind of grease, eat ripe or stewed dried fruit with the bread or one or two kinds of vegetables, and *chew every mouthful of food until it is a soft,*

warm pulp in the mouth. If you adopt that rule and observe the previous suggestions you will rarely desire to drink while eating.

To prevent the feeling which would be provoked by the sudden change from the gross stimulating food to the purer elements, and the absence of irritating condiments, and liquors, tea, coffee, etc., it will, for most persons, not only be well, but absolutely necessary, to effect the reform, to do it gradually; lessening the quantity of the first kind and increasing on the second, daily; and the entire change can thus be effected within ten or fifteen days without distress. But a person well informed as to the facts and the results to be obtained, who is possessed of strong will power, can make the change at once without any prejudice other than a little discomfort for a time, from the loss of the usual stimulus.

Many persons have insisted upon taking my baths, during the past twenty-five years, hoping thereby to *sweat the fat off of them*; but they found in every case that my assurance that they could *not* do it was correct.

The true way I have pointed out, but it must be closely observed ; and another point to be made is, if you have an inordinate appetite try to control it ; and to assist, make it a rule to eat a *little* when you crave it and thus prevent that excessive demand which an empty stomach and many hours of fasting always creates.

Cosmetics.

All liquids or pastes and powders pretendedly designed to improve the complexion—even simple starch and flour are in the end an injury, especially so the chemical preparations of the shops. Fine soap and soft water freely used to keep the pores open, and the skin very clean, and a thorough sweating once, or better, twice a-week ; will give a purer and a more healthy complexion and a finer and softer skin than all the nostrums invented, put together, could ; beside improving the health in every respect. In every home, the art of getting up a good sweat ought to be studied as a fundamental rule. (See Sweating, Sweating-pack, etc.)

Cramp.

Is an involuntary contraction of the muscles, and sometimes is so severe as to cause great distress ; it also affects the nerves. If in the arms or legs, the speediest relief is to bathe them with cold water, or to apply cold wet cloths, or rub rapidly with hands wet with cold water. It frequently occurs in the legs in bed, when by putting the feet against the cold wall, or foot-board of bedstead, it can be overcome in a few minutes.

If the attacks are frequently renewed, take a sweating-bath and sitting-back-bath, or a dripping wet sheet, which see.

DEATH.

**Apparent death, Suspended animation—
Asphyxia.**

It requires no argument to prove that the so-called dead, have not been dead, in a multitude of known cases; and that there is always more or less danger of burying alive. *The only infallible evidence is the commencement of putrefaction ;* and short of that the greatest caution must be observed. What can be more

horrible than to awake from trance or lethargy, confined within the narrow limits of a coffin? It is to be hoped that the confined air destroys consciousness, though it is charged that evidences of a dreadful agony and struggle have been apparent, in many cases. (See Burying the dead.)

Foul air—carbonic acid gas—the choke damp of mines, vaults, deep wells, etc., and the fumes of burning charcoal, illuminating gas, (the common gas,) chlorine gas, and bromine, not only suspend animation temporarily, but produce death.

TREATMENT in cases of suspended animation, the same as for apoplexy, (see it) adding the action to restore breathing the same as for drowning, which see.

Deodorizer. The sick chamber.

One would suppose that it should be unnecessary to remark about care in cleanliness about the sick room: but the fact is, that there is not sufficient attention given in too many cases.

Fresh air is always required, with fresh water for use in bathing hands and face, which is very refreshing and can

not too often be done for those who are forced to lay in bed : there is however, but little lying in bed under the system of treatment I advise. It becomes too irksome ; and if disease is promptly met by treatment, is not desired. To lie in bed is enough of itself almost to make any one an invalid.

As a deodorizer I have never found any thing as efficient as the green berries of coffee, burned upon a pan or shovel of live coals.

I have used a small galvanized stew or frying pan with a great many holes of say quarter inch, punched through the bottom, so as to admit air to keep the coals alive : but I have a better arrangement in a wire basin, holding about a quart. It is not so well managed with a common ash or fire shovel, though such is generally used.

The coffee smoke is not only pleasant but is a powerful deodorizer, and from its antiseptic qualities I have been inclined to investigate and test its efficacy as a disinfectant.

I once watched a case of small-pox from its inception to its termination,

(several weeks,) in a house in which there was a woman with five little children; beside the family in which the case existed, and the children had never been vaccinated. I deodorized and smoked that house thoroughly twice a-day and no person contracted the disease except the nurse, who was a drinking man. In another instance I had reason to think that disinfectant qualities were exhibited, but I only allude to my experience in its use, particularly as a fragrant and powerful deodorizer. At the door of the house I always gave myself a thorough 'smoking' including my hair and hat, and stepping into the street, I had no reason to suppose that I carried with me an atom of small-pox taint or that any one was the worse for my services to the sick man, who recovered. The nurse had the disease quite lightly, notwithstanding he indulged in drinking liquor without cessation, until he sickened.

There is one great advantage in coffee over chloride of lime, that the lungs are not irritated by smoke as is the case with the chloride, which is not a disinfectant by any means.

Who that can learn to obey nature's laws and escape all the dangers and suffering from disease, but should gladly do so? yet how few will be found who can open their eyes to see the truth, that will heed its teachings? They knowingly, wilfully, persist in wrong doing, and if it were at the expense only of their own hurt, it might be said, "let them go on"; but the trouble is, they injure so many others.

Derivatives or Revulsives.

There are medicines that the 'regulars' administer to produce conditions different from those existing. The result is, that there are two ailments instead of one: but in employing water as a derivative or revulsive the action is only curative—as for instance in inflammation of the stomach, bowels or other internal inflammations; in this case the cold sitting-bath or dripping wet sheet is used to attract heat from the surface, the result being the reduction of internal heat—the equalizing of the circulation—while the entire action is tonic and strengthening; the one disorder cured without creating

another. How superior to the 'regular' practice ; and so safe and effectual.

The steam-bath and hot water bath, the sitting back-bath, the pouring head-bath, fomenting wet bandage and ice poultice, all are revulsives and derivatives, which will *always* produce the same unvarying effects and can be depended upon under all circumstances ; an assertion that none dare make in relation to the action of medicines ; and free from all the dangers attendant upon their use.

Disease.

Causes of.—The basic causes of disease have been referred to already and will be again and again, as many persons may only read the article that alludes to their immediate necessity.

Gross animal food, grease, gravy, stale food, rich pastry, cake, irritating and fiery condiments, (including salt,) liquors of all kinds, tobacco, sexual excesses, tea, coffee, etc. Then add neglect to keep a clean and active skin ; inattention to a perfect ventilation and the inhalation of pure air, at night, particularly. All those constitute the elements which in-

duce disease, which also is transmitted by the use of animal food.

TREATMENT.—This is largely accomplished by living aright as to diet and all habits, and adding a quickened circulation with a clean skin. Certainly the course is a simple one.

Prevention. — Obey nature's laws. Live to enjoy health and life. (See Bathing, Baths, Clothing, Diet, Exercise, Sleeping, Ventilation.)

It must be understood that hereditary tendencies to disease is recognized; and when they are combined with the death-dealing habits of civilization the chances for living out the half of what ought to be one's days is very slim indeed. But much can be done to avert the constitutional evils if the voice of wisdom is regarded. She calls aloud Frugality, Simplicity, Temperance.

Dislocations.

When any of the joints are displaced it will be well to have a surgeon at once, even though only a thumb, finger or toe, because an incurable injury may be inflicted by bungling self attempts or

those of others. Even surgeons, whose business it is to be critically correct and careful, bungle too much. And yet it may be held that any intelligent, resolute person should be capable to reduce the dislocation of a thumb, finger, or toe, or even an ankle or wrist.

On the instant, if possible, of putting out of joint, there must be extension to pull it back into place with a motion to insert the displaced part.

The position will be obvious to the eye at once; and an intelligent person will decide upon the course to pursue.

After the part is returned to its place, if foot or hand or their members, they must be placed in a pail of hot water, as warm as can be endured and the water must be kept hot until the pain has subsided; and this bath will require to be taken at least three times a-day, perhaps for several days, finishing each bath by a cold bath until the part is cold.

If it is the hip, knee, or shoulder joint that is dislocated, the hot application must be made by hot wet cloths which must be often changed to keep hot for an hour each time, three times a-day and

finish with cold wet cloths until cold. Between the bath, and the hot cloth applications, the fomenting wet bandage, (which see,) must be constantly worn, by day and in night, or the effects may always be felt in a weak joint, attended with a peculiar sort of numbness and subdued pain. Even an inefficiently managed sprain may end in such an experience. By the surgeon's consent, the treatment directed should be resorted to.

The hot bathing and hot cloths prevent that extravasation of blood, and congestion of blood vessels, with subsequent inflammation, which would otherwise result; saving a great deal of suffering and loss of time.

It is necessary to be very prudent after a dislocation, to prevent any strain upon the injured part. Remember too, that a dislocated joint is always weak.

Dizziness, Giddiness.

(*Vertigo.*)

It may arise temporarily from weakness and exhaustion, and in that case the pouring head-bath and drinking cold water freely, will give immediate relief

and can be resorted to whenever its need is felt.

A disordered, foul or weak stomach, with inactive or torpid liver, may also be the cause, (known by a bitter taste in the mouth and yellow color of the skin and 'white of the eyes,') and if such is the case, take an emetic (see Emetics,) with a pouring head-bath before and after it.

Douche (doosh) Bath.



The cut represents a much heavier stream of water than is used. Such a stream of water if it had much of a head, would knock a man over. With a fall of fifty feet, an inch stream would be

quite large or larger than would be desirable. The higher the head of water the less the size of the nozzle should be. It may be taken sitting down in a bath tub through a rubber hose pipe.

Standing or sitting, commence at the lower end of the spine and hips, then down the legs, then at the hips and gradually up the spine to the back of the neck, then each arm from the shoulder downward toward the hand; changing from one part to another until the whole system is fully aroused; but do not touch the head, the front of the chest, nor the belly. This is a valuable aid in treating dropsy, rheumatism and fevers, when the water is not cold enough to produce all the tonic action required, because so much more water can be given, attracting more of the heat from the system in the one case, and contracting the lymphatics and toning them and the capillary blood vessels, in the other. For one who enjoys health it is the most glorious invigorator. The only trouble is, that without direct instructions so few succeed in managing it to the best advantage; yet it really is so simple.

Drinking.

Water.—The use of natural food, — bread, fruits, vegetables,—and the non-use of the fiery condiments, salt, and concentrated sweets, obviates to a great extent, the necessity for even water drinking. To quench thirst rinse the mouth and gargle the throat with cold water; then bathe the hands and arms until cold, when a mere sip of water will be found sufficient. To bathe the face and forehead freely will also be an aid. This applies more particularly to vegetarians and to those who use but little or no salt and other irritants. Others, of course, being ‘on fire,’ must, and will drink, inordinately, and must take the consequences, though even they will find this method beneficial.

The more water that is drank, the more the sweating, and the more the sweating the more water or stronger drink, is required; and this is especially true of the warm season; and if laboring or exercising actively, it would be an erroneous course to pursue.

Water drinking during a steam or

sweating-bath may be freely indulged in for its medicinal action. Indeed it is a necessity of the bath. It is speedily absorbed and taken directly into the circulation, compensating for the fluid lost by sweating; also exerting a most beneficial action upon the entire system.

Chocolate, coffee and tea drinking: (See Coffee and tea diseases.)

Liquor drinking — (See Alcohol—Alcoholic liquors. Also see Liver.)

‘*Breaking off.*’—To enable the liquor drinker to overcome the appetite for liquor and to break the habit of drinking it, the steam-bath or sweating-bath, by which a profuse sweating is attained, is the greatest helper. During the sweating, which should be continued an hour or more, daily, for a week at least, drink cold water freely, for the purpose of purifying the entire system from the taint of alcoholic influence, and thus change the character of all the secretions. Finish with a warm wash off, and a pouring-head bath. Whenever a craving is felt for the usual stimulus of liquors, drink freely of cold water or eat food or fruits instead, and make a firm resolve to

conquer. Such a course will carry almost every one safely past the crisis of their efforts to reform. (See Diet, Sleeping, Bedding, Ventilation, Tobacco, Drunken Debauch, etc.)

Dropsy—General.

(*Anasarca*.)

This diseased condition is the result of debility caused by the erroneous habits in diet, drinking, the use of tobacco, the effects of drugging, and may be also the sequence of other diseases.

The swelling commences with the feet and extends upward until the whole system is affected. The skin has a putty like look and 'pits' under the pressure of the finger. The liver, and particularly the kidneys, fail to perform their functions, and the fluids of the system are not only retained, but they become deteriorated or disorganized; and the blood is vitiated to such a degree that the brain becomes affected, and a drowsiness and lethargy come stealing on, involving an almost unconscious state; which, if not overcome, soon terminates in death.

When the disease is well advanced, if

the skin is punctured, an albuminous or gummy exudation settles upon it just like the gum which exudes from peach trees in the state termed the 'yellows.' In such condition there can be no circulation of the blood such as health and life demands.

What shall be done now? Done? fluidize, thin the blood and lymph, of course. Drink, drink, drink water, and common sense asserts that even that may do good: but we can go much farther and make it a perfect success.

THE TREATMENT—A steam bath twice a-day, moderate it may be, but thorough and lengthly, depending upon the feelings; and as the torpid system is cold and inelastic, dead as it were, the object is to arouse it by the added heat through the steam-bath.

With the commencement of the bath commence to drink water freely, and as soon as sweating commences continue it, and remain in the bath until you begin to feel fatigued; then if you have courage to continue, by taking a pouring head-bath the sweating may be renewed. In my remarks about sweating (see articles

Sweating and Poison Oak,) you will observe that it has been no unusual course to give steam-baths of several hours duration.

After sweating have a 'wash off' in warm water, being well rubbed with a coarse linen towel to cleanse the skin and free the pores: then finish by a cold water half-bath, and last of all, a pouring head-bath.



The Half-bath.

The cut shows the position, but if you have not an ordinary bath-tub at command, a substitute may be found in the sitting back-bath, which see. The swelling and enlargement of the liver and other internal organs, the blood vessels, lymphatics, and the distension of the skin, *absolutely require the use of cold*

water to reduce the whole to their natural size and state of action; and no matter what you may think or even feel, in relation to the use of cold water, your cure, and your security against the contingency and danger of future attacks depends upon it and upon the *thoroughness* of your cure *now*, and upon its speedy accomplishment.

It is a great error to allow the dropsy to make any headway in the system. The Life Insurance Companies reject lives which have been through the ordeal of general dropsy; and under the usual drugging treatment, well they may. I know of one life that survives under my water treatment, during more than twenty-five years and may yet another twenty-five, that would have been rejected by any Life Insurance Examiner on the ground of this disease.

In using the sitting back-bath as a half-bath the feet and legs ought to be placed in a pail, or deeper vessel, of cold water and a wet cloth (old linen towels, sheet, or piece of table cloth, soft,) six or eight folds thick upon the legs from the sitting tub to the foot-bath and to be

kept wet, so that the action may be extended to the part out of the water as much as possible. The attendant, in either case, to apply the cold wet cloths to the back. If the bath-tub is used the water must be deep enough to cover the thighs. The cold bath may extend to half an hour or more if no symptoms of chilliness are manifested: if such should be, the placing of the hands and arms in hot water will counteract that effect of the cold water. *But observe*—the steam-bath if properly taken *adds so much heat to the system that it is in a state of resistance to the effect of cold, internally;* and that a great deal of cold can be resisted without for one instant reducing the ordinary vital heat or force of the system. In the mean time the tonic effect of the cold water is being perfected.

If acid drink or acid fruit is desired, or if it is not, it will be beneficial. (See Acids in disease.)

Is it necessary to add that the strictest attention must be given to all the adjuncts that make up the necessities of treatment? (See Diet, Exercise, and take as much as you can reasonably bear, Sleeping, Bedding, Ventilation, etc., etc.)

Dropsy of the abdomen, or belly.

(*Ascites.*)

The treatment in this form of dropsy is essentially the same as the preceding. It may be necessary, if treatment has been delayed, to tap soon after commencing treatment, when some influence has been gained upon the internal organs; then the water treatment may be expected to counteract the diseased action and prevent a refilling.

In the case of abdominal dropsy of women, some droll stories are told of the efforts to cure this disease through the whole 'scientific' routine of treatment, and yet no impression could be made upon it. At length dame nature took the case in hand, when, by the expulsion of a 'little stranger,' the dropsy would be cured! Women surely ought to know the difference between the two kinds of dropsy, even if the doctors do not.

Dropsy of the chest.

(*Hydrothorax.*)

In this condition of dropsy the lungs and heart also, may be affected. It is

attended by pain, difficult breathing, and a feeling of suffocation, with fullness of the chest.

TREATMENT—the same as for the preceding forms.

Dropsical swelling of the legs.

This is an effect of some kidney difficulty, and the treatment must be the same, viz: the sitting back-bath, or the half-bath, which is also the best, unless speedily cured. See Index for those baths.

Other dropsical affections are noticed under their appropriate heads.

All dropsical diseases require the most thorough attention to all the requirements which tend to re-establish health.

Drowning.

When a body has been in the water long enough to suspend animation, the work of resuscitation always is not only of doubtful success but requires the greatest prudence in the management.

The first thing to be remembered is, that holding up by the heels or rolling on a barrel is the very height of stupidity,

and generally would end all chance for recovery. There is no water in the lungs, or if there is, all effort will be useless. Death is caused by suffocation for want of air; the epiglottis and glottis having spasmodically closed the air passage to the lungs on submersion.

The first thing to be done is, to remove all clothing; put in bed between blankets: place the body on the back with the head in a natural position, so that the neck will give a free opening for the air passage. Cleanse the mouth and nose of mucus, if any. Gently press the tongue flat and forward, to open the air passage. Cover the whole chest with hot wet cloths, six or eight folds thick, (soft old linen towels or piece of table cloth,) and keep hot by frequent changes, fully covering them by flannel of several folds, to retain the heat: at the same time apply similar cloths to the back of the head, and behind and around the ears, and also in the arm-pits, and keep them hot, as the effect of the heat upon the action of the heart may be an important aid in renewing its motion. With assistance, have the nos-

trils closed and the lips compressed around the nozzle of a bellows and gently but fully inflate the lungs ; or if the bellows are not at hand, have a tube if possible, for the same use, and blow through it ; or else, having the nostrils closed, the lips must be applied to those of the patient and inflate the lungs by that means ; but of course, *the expired air from other lungs is not good, and to be avoided if possible.*

After inflating the lungs there must be a pressure made upon the chest with both hands *inward* and *upward* from just below the ribs to expel the air, then refill the lungs and so on, to represent the act of breathing as nearly as may be. Persevere if there is the slightest hope, and if any sign of returning consciousness is given, let it cheer to a successful termination, if by perseverance it can be made.

Have only those about you who can be useful. Have plenty of free, fresh air, and on resuscitation let there be no noise or confusion. To bathe the hands and arms in hot water after the circulation is restored will assist it and promote vital warmth. The best stimulant that can be

given when capable of receiving any, will be sips, by spoonful, of hot water, as hot as tea and coffee are usually taken. It will be a greater benefit than any liquors can be.

When restoration is complete a pouring head-bath will be of great service, as often as three times a-day. (See pouring head-bath.)

In situations frequently involving the contingency of drowning, there ought to be a constant preparation awaiting the occasion for use to the end that no time be lost in making ready.

How long a body may be submerged and yet be resuscitated, depends much upon the condition of the lungs at the time, their size, and the health of the individual. To be deprived entirely of pure air, for a few minutes is generally fatal to human life. Five minutes in some cases, in others perhaps as many as fifteen or twenty. It has been asserted that persons have been in the water an hour who have been resuscitated but I do not believe it and am very skeptical as to even twenty minutes.

Drunken Debauch.

(*Mania à potu. Delirium Tremens.*)

There is no other means so potent—none so speedy and certain in its action in such cases, as the pouring head-bath, to be continued until the brain is quieted. Appease the stomach by frequent drinks of cold water. When quieted, the steam-bath or a sweating-bath in warm or hot water, is next in order, and it must be profuse, drinking freely of cold water to promote sweating. It may be necessary to continue this treatment for several days. All who avail themselves of the relief I have prescribed, ought to become total abstinent from the use of all intoxicating drinks: it will give them such a good start.

THE EAR.

Ear-ache; Inflammation of the Ear.

(*Otitis.*)

Bathe the ears and immediately around, with hot water during some ten or fifteen minutes at a time, followed by a pouring head-bath until the head is very cold, particularly at the back and around the ears. Do thus three times a-

day, and daily take a good sweating, followed by the head-bath. Pursue this course for a few days.

Ringling noises and other sounds in the ears.—Treatment same as for inflammation of the ear, but to be continued, and attention to be given to all requirements for health. (See Diet, Exercise, Sleeping, etc.)

Deafness.

The causes are various. If from inflammation, its reduction is a cure, as in ear-ache. If from obstruction by hardened wax, warm water, with the treatment for ear-ache which see, will soften that : but if there is any organic difficulty of the structure of the ear, or paralysis of the auditory nerve or nerve of hearing, the case becomes doubtful ; yet perseverance for a length of time, and the renewal or possession of general health may effect the desired restoration to hearing.

Drugging by the ‘regulars’ for sickness, especially in administering quinine, is often the cause of incurable deafness, and of ringling noises in the ears.

The use of warm water, by gently syringing the ear for hardened wax will facilitate its softening.

Insects in the Ear—‘Drown them out,’ literally, by holding the ear in position to fill the cavity with blood warm water. The insect will leave or be killed and thus you will be rid of it.

Electricity. Electro-Magnetism.

I was the introducer on the Pacific Coast, of the use of electricity and electro-magnetism. After many years experience I arrived at the conclusion that their chief value was in producing muscular contraction; and as that is effected in a safer and more effectual manner by the use of cold applications, I have discarded the battery during several years. My most satisfactory results have been attained without the use of electricity.

Equalizing the ‘Circulation.’

This means the restoration of the natural action to the circulation of the blood and fluids of the system, and of the functions of the various organs; the effecting of which constitutes a return to health if

there is no organic difficulty. There is no other method by which this can be so easily accomplished as through the steam-bath particularly, or by other means for obtaining a thorough sweating ; which however, for some strange reason or lack of reason, the hygienic or water cure writers and doctors, have generally, if not always, objected to ; and I am satisfied that their course in this matter results in the tedious length of time required in effecting cures, a whole year often being demanded to effect that which, under my thorough sweating system and active treatment would be more satisfactorily realized in from eight to ten weeks.

I must admit however, that my method demands the watchful care and superintendence of the doctor ; and that it involves a greater degree of activity and even labor, than by the usual practice ; especially in large institutions.

Erysipelas. St. Anthony's Fire.

Is a highly inflammatory affection, attended by painful swelling. When it affects the head and face, it is a danger-

ous affection. Cause generally as in other inflammatory diseases.

TREATMENT.—Prompt and thorough sweating for an hour or more; finish with dripping wet sheet and pouring head-bath.

Repeat twice a-day, if needed, until cured. If prompt, it is remarkable how efficacious this treatment is. I have had instances where the head and face have been enormously swollen, yield to even one treatment. Two or three usually suffice: but continue treatment until health is established.

Exercise for the sick.

Those who are sick, whose business has been laborious or very active, require rest and ought to indulge in inactivity during recovery; but those whose occupation has been sedentary may take such active recreation as will give zest to appetite, especially in taking exercise in the open air, in walking up and down hill if they have the opportunity; if not, on the level or by sawing wood, gardening, etc. Something useful, to interest the mind; or failing to have that oppor-

tunity, resort to gymnastics or calisthenic exercise. Get the *Family Gymnasium*, from S. R. Wells & Co., 737 Broadway, New York, price \$1.50, which will tell all about it. Perhaps your bookseller will supply you.

THE EYE.

It is subject to diseases which not only impair sight, but may cause its total loss; a fearful calamity. Can the importance of living aright, to prevent such consequences, be overestimated? I think not, and if all would so think they would discard all improper food and drink and all habits and indulgences which induce disease in general and of the eye, especially.

CAUSES. — Except from wounds or perhaps exposure to severe weather or the effects of being drugged, diseases of the eye are induced by gross living, liquor drinking, tobacco, and sexual excesses, all which impair the health and particularly affect the nervous system.

Drop Serene, or Amaurosis.

This is a gradual decay or loss of power of the nerve of sight,—the optic nerve.

There is no cure, no relief even, but in restoring nerve force and the healthy tone of the whole system. Old age excepted, this may be reasonably expected to be done by discarding all the injurious habits which cause the loss of vital force, and by the adoption of those habits of diet, etc., which are designed and are capable to restore and preserve health. (See Diet, Exercise, Sleeping, etc.)

The SYMPTOMS are—dimness of sight and dark ‘specs’ floating in the air and dropping out of sight (apparently,) in a manner which suggests the term, truly, ‘drop serene.’

Take warning and instantly retrace your downward course if ever you recognize such condition, or a wavering or blurring appearance; or blindness, hopeless blindness may be your fate.

TREATMENT. — Twice a-day a thorough steam or sweating-bath, with a pouring head-bath (which see,) before and after each, and a pouring head-bath on arising in the morning. Also bathe the eyes frequently, daily, with warm water. If the stomach and bowels are not in a good condition, take emetics, which see, the

re-establishment of health being the first necessity.

The eye-bath.

This is given by making a basin of the hand, or by the use of a common pint or quart bowl, or a wash basin : the water to be mildly warm, or in case of a severe inflammation, quite hot : *but the bathing is to be done at the outer angle of the eye, at the temple ;* otherwise there would be danger of inflaming the lachrymal or tear sac and duct and closing the duct, which causes the tears to flow externally and run down by the side of the nose, and the eyes to fill and overflow with water. The nose and forehead must *not* be bathed even with warm water under any circumstances. The bathing is to be continued ten or fifteen minutes at a time and to be followed by cold water until the part is cold, and then finish with a pouring head-bath.

I have had several cases of amaurosis—one that was very unpromising for a cure ; which, however, was a perfect success. I failed only in two cases.

Cataract.

This diseased condition of the eye differs from amaurosis, though it originates in the same general causes and exhibits somewhat similar symptoms at first. The optic nerve in cataract is not paralyzed or dead as in amaurosis but a veil or curtain (a thickening) seems to cover the lens and obscures the sight.

Perhaps the adoption of thorough treatment, same as for amaurosis, as soon as ailment is recognized may arrest and prevent its full development and perfect a cure; but if it did not, it would greatly assist the cure, which, as far as now is effected, is by an operation upon the eye, requiring accurate knowledge and skill, and only to be entrusted to one known to be competent.

TREATMENT. —Same as for amaurosis, preceding article, which see.

Inflammation of the Eyes.

(*Ophthalmia.*)

Take a sweating-bath, daily, with pouring head-bath. Frequently bathe the eyes with blood-warm water and take two more head-baths. See diet, and

pay attention to avoiding all irritating food and condiments. This simple process may save much suffering, even to the loss of sight.

In some severe acute and in all chronic cases, it will be necessary to take steam or other sweating-baths, twice a-day. Drink freely of cold water. Protect the eyes from strong light. Keep the head uncovered as much as possible because wearing a hat or cap is injurious. (See Diet, Exercise, Sleeping, etc.)

Sore eyes. 'Old sore eyes.' Granulated eyelids. 'Gravy eyes.'

Whisky, fat pork, salted meats, pepper, mustard, salt, liquors, tobacco, sexual excesses, 'do up' their work in these cases, in fine style. These stages of inflammation are well advanced and hopeless of a cure, in fact beyond its possibility, unless entire reformation takes place.

TREATMENT same as for chronic inflammation of the eye, which see: previous article.

In *every instance* afforded me; by this simple method, I have been enabled to counteract the effects of long continued

'tinkering' by the usual mode of treatment, which had left the victims on the road to blindness. And it will be successful in probably nine-tenths of the cases in which the usual treatment would fail : but it is almost useless to offer this method for relief and cure, because the prevailing idea is that only an 'eye-doctor,' (oculist,) is to be entrusted with the management of diseases of the eye. Have it your own way : but I would not expect an 'eye doctor' to adopt my method, because the patient would get over his difficulty too quickly. (See Diet, Exercise, Sleeping, etc.) I have known an eye-doctor to permit his patient to eat fat pork and drink whisky, etc., during months, without one warning word to the contrary.

Lachrymal fistula.

A severe catarrh or 'cold' in the head, or severe inflammation of the eyes, unless relieved at once and cured, may cause a hernia of the tear sac and closing of the tear duct, forcing the tears to an external outlet and causing the eyes to water excessively whenever exposed to the

wind and a cold temperature. If the tear duct is closed an operation will be necessary and the insertion of a small tube, or a life-long running of water from the eyes, externally, which is very annoying.

Substances in the eye.—For sparks of fire and burning immerse the eye in cold water, changing to keep it cold until the inflammation is entirely reduced.

For dust or small particles in the eye immerse in cold water opening and closing the eye-lids and changing the position of the eye to favor the release of the substance, whatever it may be. To assist in freeing the eye, it is to be presumed that any person will turn back, or raise, or draw down the eyelid; as may seem necessary.

Other disorders of the eye may all be treated the same as for inflammation of eye, which see.

Falling Sickness. Epilepsy. Fits.

This is a disease of extreme nervous prostration. For the sufferer there is no safety, but in being under constant care of an attendant, therefore a rapid cure is,

of all other cases, most to be desired in this. 'Subject to fits,' is the general idea, and during the convulsions great care must be taken to prevent self-injury, and as the strength is seemingly increased, it often requires several persons to control the invalid. There is great danger to the tongue, and it should be protected by adjusting a pad between the teeth.

CAUSES.—Sometimes hereditary tendencies: but generally aggravated by improper diet, drinking, the use of tobacco, sexual excesses, and self-abuse; and no doubt the last two causes are the most prominent, and when added to the others, this disease, paralysis, St. Vitus' dance are almost inevitable.

Though the fits may often occur they fortunately do not continue generally, more than a few minutes. In this disease every attention must be given to the Diet—how, when, and what to eat; to Clothing, Sleeping, Bedding, Ventilation, all which see.

TREATMENT.—The quickest mode of breaking the fit is by the pouring head-bath, which must be thorough. At the same time, or as soon as it can be done,

let the legs be well rubbed with hands wet with cold water and the soles of the feet be well slapped or bastinadoed with the wet hand. This will break the fit. Then strip naked and give the dripping wet sheet, (which see) with water to drink, and let the sheet rubbing be thorough to bring the circulation to the surface.

For a permanent cure the most radical change must be made in all past habits; even if by force, otherwise there is no cure.

The requisite treatment is the pouring head-bath several times a-day, and the dripping wet sheet twice a-day during several days, until the nervous system is so far under influence as to give a reasonable prospect of giving a steam or sweating bath without much risk of a fit. When it can be done, with the pouring head-bath before and after each steam, or sweating-bath give two each day and finish with the cold dash or the dripping wet sheet.

A very severe case. —A man about forty-five years old, a first-rate specimen of the gross fat pork eater, and whisky and

black coffee drinker, with the tobacco juice streaming from the corners of his mouth—presented himself as a patient. Before he entered the house I told him to spit out the tobacco, as I had no place in my house where a man could spit tobacco juice, informing him at the same time that he could not be a patient unless he resolved to disuse tobacco. I told him I could break that habit while he was being cured of the epilepsy. He consented. This man had not for more than ten years—day or night been out of sight of some member of his family or a hired attendant. Two months' treatment effected a cure so perfect, that during several years thereafter he was unattended and rode on horseback whenever his business or pleasure prompted. He was very prosperous in his business as a miner and returned East healthy, wealthy, and a wiser man; all his previous erroneous habits overcome; and his family as happy as himself, in his restoration to health. Being a very muscular man, the fits (he had three before they were controlled,) were terrific. This was the worst case that has come under my notice.

Fasting.

Gross livers, the fat and wheezy especially, ought to do considerable fasting, judiciously, that is as to the amount, and perpetual as regards the gross food and probably, drinking, of their past. (See Corpulence.) But fasting for those who are already debilitated is, in general, supreme absurdity. They probably require a healthier stomach and plenty of proper food.

As an experiment, and for sufficient reasons, I have fasted during seventy-six hours ; drinking however, about a quart of water per day. As the time was chiefly occupied in reading and writing I did not find it at all irksome or annoying. A sip of water allayed occasional irritation.

Feet—cold, wet.

When the circulation of the blood is so weak that the feet are constantly cold, the remedy will be found to be in bathing them twice a-day, ankle-deep only, in cold water, from ten to fifteen minutes each time ; wipe dry with a soft towel and then give friction with the hands by

rubbing or slapping the sole of the foot. Have a pair of woolen socks expressly to wear during the night. By this means the circulation will be greatly improved: and if the foot covering is not too tight, and the health is fair, the trouble will cease. (See wet feet.)

Felon or Whitlow.

(*Paronchia.*)

A very painful inflammatory affection of the fingers, commencing near the root or at the sides of the finger nails. Also sometimes affects the toes. The deeper seated the more painful and difficult to cure.

TREATMENT. — Bathe the hand and forearm in cold water half an hour; then place a bucket or pail nearly full of cold water, in such position that you can stand or sit with your elbow in the pail (having doubled-up your arm,) with the water about up to your arm-pit. Continue this bath until the water becomes as warm as yourself. The hand and arm bath ought to be taken at least three times a-day. The whole treatment to be continued until inflammation is subdued,

by which the formation of pus, and bone injury, will be prevented.

A steam or sweating-bath, daily, following it by a cold dash of three or four pails and a pouring head-bath, which is always in order after sweating, will assist the cure.

Frozen. Frost-bitten. Chilblain.

Chapped hands.

In cold regions where people are often frost-bitten or frozen, it is not unusual for one who perceives the nose, cheeks or ears of another to be frozen to rub the affected part with snow to restore animation. Getting under shelter, ice-cold water is to be used, with quick changes, so as to *keep the water cold* until the proper relief is given. Upon no account is the frozen person to be in a heated room until *thoroughly and slowly 'thawed out.'*

Indeed, it is the only way to prevent the ill effects of being frozen; and I doubt not but that most persons who lose hands or feet by that cause, do so by injudiciously hastening to a fire, or the use of hot water before they are

properly prepared, than which nothing can be more certain to cause mortification and the loss of the affected part, or even life itself.

Fifty-four years ago I was so severely frozen as to be speechless an hour or more after reaching my home. Feet and legs nearly to my knees, and hands and arms to my elbows, were insensible to feeling and stiff. By perseverance in the use of ice-cold water in a cold room, during several hours, I recovered without the tingle even, of a chilblain, though I recognized the unusual sensitiveness of the frozen parts during several subsequent years.

Chapped hands.—The action of cold upon the hands in causing chapping is chiefly owing to insufficient rinsing after using soap. Let that be looked to carefully and chapping may be prevented. The addition of a little indian meal or wheat flour will also be useful, both in prevention and healing.

Chilblain is to be prevented by keeping away from a fire or other heat, which is the cause of this affection, when frost-bitten. Do not venture near a fire until

every vestige of frosting is eradicated. A stinging sensation must warn you back to the use of cold water.

Fruit and Melons—as food.

Among those generally with whom I have been brought into contact, the use of fruits and melons has been viewed as a mere luxury, and to be dispensed with; whilst all sorts of stimulating meats are indispensable and therefore of daily necessity. A greater mistake is scarcely to be made in dietetics. All fruits except the excessively sour (and they are valuable as aids to digestion,) are nutritious and are good as food. The animals on the contrary are fevered and goaded to madness on being killed, (murdered?) and are very often diseased at the time, rendering animal food always open to suspicion as to quality, if it ever is anything but bad? And fish, also.

Fruits, melons, and unfermented unbolted wheat flour bread or mush, constitute a diet that the proudest or noblest man on earth ought to be thankful and happy in being permitted to enjoy.

Stewing dried fruit.—The longer it is

stewed the sweeter it becomes ; and peaches, pears, prunes, and all but the sourest apples, certainly require no sugar to be added to them, as it would be an injury ; but on the contrary, a mixture of sour plums ought to be considered desirable and an improvement.

GENERAL DEBILITY.

Nervous Prostration. Lassitude.

Loss of Appetite.

General debility is a very usual, as well as vague term, but is often employed. It however, covers the other terms in the estimation of those who employ it.

TREATMENT.—The pouring head-bath and the back-bath, as follows :

Spinal, or back-bath.

Take a large size wash tub, place a board across it to sit upon. Have the back bared, the front being covered by a blanket or other covering. Then an attendant pours a stream of cold water over the back, but particularly on the spine or back-bone, from the back of the head down, until the tub is filled ; then it may be used over and over, until the

back is very cold, or stone-cold ; add the pouring head-bath. Wipe dry and dress. Feet and hands cold, bathe them in hot water. Twice a-day.

Back-application.

Or, if the person cannot sit up to take such treatment, another method is to lie on the face with the back bare, and wet cold cloths are to be applied to the back, from back of the head to the end of the spine, until the back is stone-cold. Arrangements must be made to catch any dripping, because the cloths must be wet. There should be two sets so as to keep them cold. Finish with pouring head-bath. Twice a-day. (See Rubber Sheet.)

A daily steam, or sweating-bath must be added to either of the above methods.

With this kind of treatment and plenty of the good food recommended, 'general debility' soon becomes a thing of the past.

Appetite for food is restored by this treatment when all else would fail.

This is my *spinal* or *back-bath* and *back-application*, which may be employed

by those in health as well as by those who are feeble without feeling exactly sick or knowing what is the matter with themselves, and by those who really are sick.

Philosophy of the action induced by it. It gives contractile energy and tone to the nerves of motion and feeling. It at once addresses itself to the great sympathetic nerve and all its connections, and with direct force to the solar plexus and semilunar ganglia, and to the nerves of involuntary motion. Every internal organ of the abdomen or belly, and all the membranes are reached directly through these nerves, and through various connecting branches, the lungs, heart, etc. are also affected, in addition to the direct action on the cranial nerves, through the pouring or other head-baths.

It is a means for positive and direct communication with, and controlling of the inner man; and aided by the pouring or other thorough head-bath, is the method for 'doctoring' the brain, lungs, heart, liver, kidneys, spleen, pancreas, mesentery, the mucous and serous membranes, the womb, the ovaries, intestines, etc.,

also for curvature, and all spinal ailments. See also, sitting back-bath.

I had never read, nor heard, nor in any manner gained any knowledge of my spinal or back-bath and back-application or sitting back-bath—until a necessity in treatment forced me to use my own reasoning powers, some thirty-two years ago. One hour sufficed to establish my method supreme, forever.

What most astonishes me when I think of it, is, that for thousands of years men who called—and others who now call—themselves scientific, and who at this late day have been, and still are, moving on the Legislatures of all the States to shut the door of progress, and have succeeded too, from Massachusetts to California—never exercised their brains to perceive this evident truth in the treatment of the visceral or internal organism; but continue to administer through the mouth their ruinous, destructive calomel, antimony, and all other mineral poisons and preparations—all bitter foes to the human organism.

The stomach was designed solely for

the reception of food and water—not for poisons.

Glanders, or Farcy.

This is a disease originating with the genus horse, therefore includes the mule and ass. As it is communicable to, and endangers the life of the human subject, it is in order to investigate it. It seems to be disease of domestication.

It is an inflammatory affection of the mucous membrane of the mouth and head and presumably the throat. It commences as a 'cold' or catarrh; a running at the nose; and this is the period during which it may easily be cured; or in which, what is afterward termed glanders or farcy, may be prevented.

The glandered condition is that of a malignant 'cold,' in which the vitiated or putrefying coagulated mucus causes mortification or death of the affected parts, growing upon that upon which it feeds—the inflammatory state. It is in fact just what coryza or ozena—chronic catarrh and fetid ulcers of the nostrils would be in the human subject, if as helpless as the

animals, and did not, by daily bathings of the head and face, in a measure prevent its culmination, before being so much alarmed as to resort to some method of treatment for a cure. The great breadth of mucous membranes in the animal increases the amount of inflammatory action, by retention: therefore the utility and necessity for reducing it speedily.

The whole matter then 'lies in a nutshell'—cure this 'cold' and there will be no glanders.

It is a highly contagious disease if the putrid matter is received upon a sensitive membrane, or through a cut or scratch is taken into the circulation. Horses contract the disease by contact of the nostrils, lips and tongue in eating at the same racks and troughs, and possibly in drinking at the same water troughs.

Prevention.—This disease, when not contracted by contact or inoculation, from the virus of a diseased animal, results from improper stabling arrangements, in which foul and overheated air play their usual part in producing mucous

inflammation — by overheating in fast driving — by too long exposure in a strong draft of wind; and any other causes which tend to injure the health of the animal. Every animal is subject to glanders *if sufficient cause exists to produce the disease*. The reason why it is contagious is because all putrid matter taken directly into the circulation, acts instantly as a germ of pollution which, increasing rapidly, exhibits its deadly effects; as seen in frequent instances of surgeons in making *post-mortem* examinations; a slight scratch, if impregnated, often causing death.

As a catarrh it is characterized by a 'running at the nose' and inflammation. This ought to be the warning and if immediately treated in a thorough manner a cure will be speedily effected. *Prevent* the glanders.

TREATMENT.—Let every attention be given to cleansing the stable and purifying the air. Then give a cold water head-bath by pouring a stream of water (see Pouring head-bath,) over the head, face and neck, (commencing always with the face,) until the parts are very cold

and continue the application to keep them cold during half an hour, for it is most important to reduce the inflammation at first. A moderated stream through the hose will be the easiest for those who have such means at command. By hand pouring it might require as many as a dozen or twenty pails of water, according to the coldness. Pour through the spout of a watering-pot.

Give this treatment three or four times a-day until the affection is cured. At the same time give the animal a thorough washing all over once a-day: then if he is well blanketed all but the head and neck, and sweats, being well-rubbed and washed after sweating, it will be all the better. The main treatment however, is the head and neck bath, which reduces all local inflammation, if properly given. Sweating however, is desirable.

As glanders or farcy,—the diseased mucus becomes so acrid and poisonous that ulceration soon commences; and like all dead and putrid matter, inoculating through a scratch, cut, sore, or any thin and moistened membrane, as of the mouth, lips, nose, and the eyes—the

greatest caution is required in keeping animals apart and in being about an animal which is diseased in this manner. I make it a rule to keep away from a horse that has a 'running at the nose,' and give a very wide berth to one that is sneezing or snorting and shows any evidence of a thickened mucus secretion. The virus has the same deadly poisonous effect as that of venomous reptiles, or dead bodies, the dissecting of which involves so much risk, having caused many deaths.

TREATMENT.—If through ignorance of proper treatment, inattention or neglect, the morbid condition of the mucus secretion termed glanders or farcy, has been developed,—the same treatment is in order, but the water must be very cold and the treatment be continued both longer and oftener. If necessary, cool the water with ice.

A stall, halter, bridle and even harness, etc., that has been used by a diseased horse must be cleansed by much water and a strong lye made of soda or potash; and the utmost care must be taken by those who do the work, to prevent con-

tact with a cut, scratch, or sore of any kind; and in fact there ought not be any handling without gloves, of any part or thing that could possibly be infected by the diseased mucus from the nose of the animal.

The idea that the law not only authorizes but demands the killing of the afflicted animal, has a terribly harsh and grating effect upon my sensibilities, and it would be only its parallel to kill off all persons suffering with small-pox. Would it not have been far better for the law-makers to have ordered an equine hospital, with a commission to inquire into the disease, and to endeavor to institute a system of cure, rather than to kill a valuable and blameless animal because it has a very 'bad cold,' the result possibly of wrong-doing on the part of its owner? Who says this is not common sense? This is Water-Cure logic and Dr. BOURNE, the Water-Cure Physician is responsible for it, and for the method of treatment he has directed, having founded it upon analogy, the result of an experience of more than a third of a century.

Glanders in the Human Subject.

In the year 1839, in a south-western city, a boy who had charge of a horse was bitten by the animal. A most worthy gentleman and physician who dressed the wound, had a slight scratch upon his hand, which it proved was inoculated by the virus from the boy, who died, the horse having the glanders. The physician survived the attack, but became perfectly dementated, remaining in that condition some year or two that I was cognizant of the case. How it terminated I never knew.

About twenty years ago a veterinary surgeon of Sacramento, Cal. was inoculated by the glanders virus, and after horrible suffering during several months, died in San Francisco. I did not hear of his case until his death and its cause was reported by the newspapers. The disease in the human subject is not unlike syphilis in its insidious and deadly march of devastation.

TREATMENT. — Sweating, sweating, sweating, and water drinking even to excess, while sweating. Baths to be con-

tinued for hours at a time, one very long one being more efficacious than half a dozen short ones. Finish each sweating-bath by a cold dash and a pouring head-bath—both of which, see. Remember *it is a fight for life against almost sure death* by any other method of treatment. (See Diet, Sleeping, Ventilation, etc.)

'Goneness.'

This condition is often complained of—a feeling of 'goneness'—a sort of utter, helpless exhaustion. It is recognized by all meat eaters and coffee and tea drinkers who pass beyond the stimulus afforded by their usual supplies: but I never heard such a murmur even, from a vegetarian, and the reason is this—the stimulus of unbolted wheat flour bread or mush, vegetables and fruits is natural, healthful, not inflammatory, and therefore admits of no depressing reaction. In addition—as it digests and is assimilated, it yields a gas, which distending the stomach and intestines, when the food has passed and is passing to its exit, after having performed its office, fills the vacuum or place the food has occupied, and thus it is that

an equable condition is maintained. Ordinary diet does not properly produce this required gas, and the unnatural stimulus being exhausted, the 'goneness' is experienced.

Gout.

This is the most trying form of rheumatism, and more tedious in treating; but perseverance and strict attention to all requirements of health, will eventually succeed in effecting a cure.

It is to be treated the same as rheumatism, from which it is distinguished by its chief seat of disturbance being in the toes and small joints. (See Rheumatism.)

In this disease no irritating condiments, spices, salt or gross food, nor wines or liquors, or tea or coffee can be used with any hope for a cure; nor indeed, can they be, in other serious disturbances. Of course they interfere with cures in all cases.

By no other process than water-cure and my active treatment could I give any hope for a cure,—and I am not surprised that under medical treatment, so many

years of suffering have fallen to the lot of the "gouty."

Graham Flour.

This is simply *unbolted* wheat meal. When ground extra coarse it is the best for mush. The choicest grain ought to be selected to commence with, and then be thoroughly cleaned.

Many millers, honestly perhaps, think they have to 'make' Graham Flour and are perplexed about it. Others I am told take inferior fine flour and mix bran with it, charging for their mixture at the rate of 'bakers' extra.' This is a double swindle, and execrable at that. One miller told me he 'made' his Graham, adding "all the mills do it." I know better, because for nearly twenty years I recommended one mill for Graham flour that never had a pound to sell unless they had a supply of the choicest grain, which was always reserved expressly for Graham. One mill I knew in Oregon that was run on the same principle. I cannot trust myself to express just what I think of those who doubly swindle the purchasers of Graham flour. I presume

there is law which would award an adequate punishment for such fraud ; and those who find themselves defrauded ought to resort to it.

Graham Crackers.

These crackers should be made of pure Graham flour and water only, and be well baked. Such crackers, if kept dry, would remain sound and sweet for an indefinite period. They are very hard ; too hard for the teeth to masticate, unless broken up fine with a hammer. If broken up and placed in a dish or pan, and boiling water be poured upon them to the extent of about twice the bulk of crackers, and are then covered and allowed to soak about half an hour they become soft, and with stewed or ripe fruit, or milk, make a healthful and satisfying repast. It is a ready dish and saves time, work and trouble.

The crackers usually sold as Graham are what I would term, if not a fraud, at least a gross deception. Upon the entire Pacific Coast I am not aware that a single pound even of pure Graham crackers is now to be purchased. The purchasers

of what are called Graham crackers are deceived, supposing them to be pure, whereas they are composed of, I know not what, except that they are *not* Graham crackers. It is possible that some may be had by giving an order for them to a cracker baker.

They are best if baked ship-bread style.

For prospectors, miners, wood-choppers, surveyors in the field, and others, the pure Graham crackers are a most valuable supply of food on account of their nutritive qualities ; being sufficient to sustain the system in perfect health under the severest labor. (See page 50 —‘A test,’ etc.)

Habits: to change, how to do it.

As by far the largest portion of those who use animal food, tea, coffee, liquors, tobacco and opium, would find it almost impossible to break away from those habits if an attempt at sudden change was made, it may be well to advise all such persons not to attempt it ; but to make the resolve to do so within at farthest say, fifteen days.

Of the drinks, commence by reducing the strength until you get down to water. (See Drinking.)

Of animal food, reduce the quantity, then the frequency, and add the fruits and vegetables to fully supply the place of that which is discarded, and reduce the quantity of condiments used, especially of salt, and also disuse sugar and syrups all of them being provocative of thirst.

Of tobacco, which is a very difficult habit to break, particularly chewing,—reduce quantity until you can throw it off entirely : rinse the mouth often with water and eat fruit when the craving for a chew is very pressing ; also drinking small quantities of water will be an aid to pass you over the habit.

Of opium, the same method is to be employed ; but as this poison stupefies the mind, the pouring head-bath must be added several times a-day. See Index for pouring head-bath.

Sweating, or warm water bathing, daily, will be a great assistance, especially sweating, in freeing the system from the influence of the habits named.

H e a d - a c h e .

A very general cause of head-ache is an over-taxed and foul stomach, because there is great sympathy between the brain and stomach. In that condition take a pouring head-bath and follow it by an emetic, which see.

A head-ache may also be caused by a tendency to congestion from overheating and other excitement, and from some peculiar sympathetic nervous condition. In this case a pouring head-bath and a thorough sweating, finishing with another head-bath, and full relief may be expected.

For *nervous head-ache*, the same treatment, to be continued daily, until fully relieved.

The head ought to be bathed with cold water every morning, particularly around the ears and the back of the head.

The hair.

It is quite important to preserve the hair in a healthy state. To do so the head must be washed and bathed daily, to keep the scalp clean and free from

dandruff, eruptions, etc. Water alone or with a little fine soap is the only application that ought to be made to it. No oils or other grease should ever be used upon the hair.

Health.

This is that condition of the human system in which all organs perform their functions in harmony, and with a vigor apportioned to their whole capacity.

This state is designed by nature to be maintained during life, and with proper habits would be so nearly realized as to constitute our experience. Death would then result from a fulfillment of life's purpose. It would be merely Rest—resting from our labors and quietly falling asleep.

Proper diet, (bread, fruit and vegetables,) and proper habits would insure health and long life.

Bathing and keeping a clean and active skin have much influence upon health. If working men and those who sweat freely would 'wash off' when the active duties of the day are over--using warm water and a coarse towel, and change their

clothing for that which has been aired and dried from the day before, it would add immensely to their enjoyment and possibly years to their lives. (See Diet, Bathing, Exercise, Sleeping, etc.)

HEART.

‘Heart Disease.’ Palpitation of the Heart.

Inflammations of the Heart.

(Carditis. Endocarditis. Pericarditis.)

Of late years diseased conditions of the heart have made much havoc among the people; and as the same causes—excesses in eating, drinking, the use of tobacco, and in sexual indulgence,—seem to be on the increase, so may expect to become even more familiar with the term ‘heart disease;’ from which, the death ratio in men, must exhibit an immense excess over women, whose habits measurably free them from its affections.

As diseases of the heart are of serious import, (and there are several of them,) it would be wise to avoid those habits which inevitably lead to them; while it must be distinctly understood that there is no chance for a cure without entirely

discarding them. Tea is injurious and *coffee is more so, especially in palpitation*. All irritating and fiery condiments, pungent spices, wines, liquors and tobacco, *must* be discontinued.

Symptoms of heart disturbances are, pains in the chest in the region of the heart, extending to the back, shoulders and partly along the arms; and palpitation. The heart is situated between the lungs, partly behind the breast-bone: not at the left side as is generally supposed.

TREATMENT.—Moderate, but prolonged sweating, daily, finishing with pouring head-bath. Twice a-day, the spinal-bath or sitting back-bath, finishing with the pouring head-bath each time. This will reduce inflammation of internal organs and membranes, equalize their action, and give tonic force to them, to nerves, and to muscles, (See Spinal-bath and Pouring head-bath.) All other accessories of sleeping, air, diet, etc. which see.

Hernia or Rupture.

In all cases of rupture, if resort were had at once to ice or ice-cold water, and a favoring position were maintained for a

few days, aided by compressing wet bandages, a cure might be effected; especially in the most common forms of rupture—the inguinal (near the groins,) and umbilical or navel rupture. The contractile power of cold applications is so great on the muscles, the inguinal ring, and the internal membrane, (the epiploon or omentum,) that they can be restored to their natural condition. It is possible that a long continued application might restore in neglected cases, but none have thus far come under my notice.

TREATMENT. In using ice it must be shaved or broken up fine and be applied to the part as a poultice, folded in a wet soft old linen cloth. Apply five minutes—take it off five minutes—and so on during an hour. This three times a-day, wearing a wet compress with a bulb, to retain, or add a truss. With attention to health, cures would be so probable as to be worth the effort to be free from trusses. The prevalence of this affection is manifest from the fortunes that have been accumulated in truss-making and the number of patented trusses on the market. (See Ice poultice.)

Hip disease. Inflammation of the hip joint.

Whether from diseased condition of the bone, or from inflammation of the joint, resulting from a sprain, this complaint is a very 'trying' one; the suffering is so great and the progress of the cure is so slow, especially if the case has been neglected.

The inflammation is deep-seated, and the synovial membrane and the ligament are so sensitive, that even the thought of the pain to be experienced in the slightest motion of the joint, creates a feeling of anguish and fretfulness; and if ever the 'patience of Job' is required in nursing the ailing it is in such a case.

Healthy action must be restored to the whole system to assist in the secretion of the synovial fluid, while the inflammation must be subdued by local treatment.

TREATMENT.—Twice a-day if the sitting position can be endured during half an hour or more, take the half-bath with the hands and arms in hot water, or the sitting back-bath with the hands and feet in hot water, if there is any chilliness

of feeling. Remain in either bath half an hour to one hour, the water being kept cold and deep enough to cover the hips; or, the douche-bath may be taken on the spine and both hips and legs, until the whole are thoroughly cold; and while using it, change from part to part and back again, which has its advantages. Or, if that can not be used, then the lying position must be kept. Have a rubber-sheet or some means to catch the dripping, and apply a wet bandage (which see,) or cloths over the whole hip and thigh, having two sets to wring out: change often and keep cold. The colder the water the better, and to be applied three or four times during day and night, an hour each time, and to be continued until the baths can be taken, which are the most effectual. The cold wet cloths can not be applied too often as they act both as a sedative and derivative—allaying and removing pain.

A copious or long sweating once a-day is better than two short ones; and as soon as the severe pain caused by motion is overcome, add the sweating-bath. Drink water freely to fluidize the whole system.

(See Diet, Sleeping, Ventilation, and be patient and persevering, for in the 'regular' practice there is no such help for you as my course of treatment offers.

Two very severe cases—one of them almost hopeless,—have recovered under my hands by this prescribed course of treatment. The worst case in ten weeks, the other within two months. If promptly treated much suffering can be prevented and a quick cure result.

Hog meat, again.

Recently (1878,) in Indiana, many persons were affected by *trichina* from eating diseased hog meat, several of whom had died, and there seemed at the last account of the affair that none were expected to recover. And yet again there comes a warning from the very depth of old ocean, in the death of nearly an entire ship's crew from eating diseased pork. And then Texas sends another, in the fact that upon close inspection of some hog meat it was discovered to be 'full' of cists or sacs, each of which it was demonstrated contained the germ of a tape worm. Who would jeopardize his welfare, even

life, in eating hog meat, with the 'odds' so heavily against him? (See Trichinosis.)

Hunger. Hunger-cure.

To allay the distress of hunger, temporarily, at least, drink water and bathe often. To do so will enable one to bear up under a heavy trial, and to survive perhaps, until food is obtained.

The hunger-cure is doubtless a great help in old scrofulous affections, and for the fat and grossly fed; the water drinking being a double benefit to them.

Hydrophobia.

If I were bitten by a mad dog or other animal, unless I could make the wound bleed freely while I washed it for some ten minutes or more, I would tie a ligature tight enough to stop the circulation if it could be done, and then proceed to wash the wound thoroughly and bathe it in fresh water for an hour or more changing the water often. In the meantime I would drink all the water I could contain, and then take a sweating-bath and sweat and drink and pour out the

sweat 'as a river would run.' The sweating to be followed by the pouring head-bath and the cold dash, which see. The sweating-bath to be a long one, from one to two or three hours or more, if possible to continue it, drinking all the time as much as the stomach will retain, and twice a-day for a week at least, for who would take any risk on hydrophobia?

If that course would not save me I could have no other hope: but I believe it would, and my belief is founded upon a rational investigation of the action of water as a diluent; and of sweating as a means of throwing out of the system equally as fatal virus. Taken in hand instantly, I can not entertain any serious doubt as to its efficacy.

The bite of a dog or other animal, even if known to be free from disease must be injurious if the skin is broken, by inoculating the system with the salivary secretion when under an excited condition. The wound must be well washed and bathed as in the case of madness and it would be only a good precaution to take several thorough sweating-baths, drinking freely, for the

rabid poison might not yet have been exhibited in the animal.

Hypochondria. 'Spleeny.'

This is one of the numerous phases of dyspepsia, in particular, and complicated with torpid or diseased liver, the spleen being affected: nervous-sympathetic. Its greater number of victims being found among men. Restoration to healthy tone of mind is through treatment for dyspepsia (which see,) and by observing those obvious rules which promote health. (See Bathing, Diet, Exercise, Sleeping, etc. and Liver.)

Hysteria—Hysterics.

This affection is really one of those peculiar to woman. It originates in some disturbance generally of the womb and sexual functions. The first thing to be attended to is to regulate the sexual functions. (See Ovaries, Menses, Menstruation, Womb.)

Attend to all the requirements to improve and restore health. The use of strong tea and coffee, animal food, imperfect ventilation, bad position in sleep-

ing, tight dressing, exciting and exhausting amusements, all tend to destroy nervous force and derange nervous action. (See Diet, Exercise, Sleeping, Ventilation, etc.)

Let all improper habits be changed and substitute those which promote health and happiness. (See Habits—to change.)

Incubus, or Nightmare.

This oppression of the brain is generally attributed to eating hearty and late dinners. It is certainly a mistake, because it can be demonstrated that no sleep can be more profound than that upon a full stomach. The trouble is, the quality of the food, that it has been too highly seasoned, has been swallowed when only half chewed and then the ill-ventilation of the bed-chamber and the position of the person. Let these errors be corrected and the trouble will cease. Add a daily warm water bath and two or three pouring head-baths.

Injections.

To cleanse the lower bowel use mildly warm water, of which several charges

may be required. Follow them by one cold charge. It is only in extraordinary cases of constipation that injections may be required, as the diet and drinking of water are the great correctives. For anal worms it is more needful to use the syringe, to cleanse the lower bowel.

INSANITY.

By invigorating and restoring health through sweating, diet, dripping wet sheet and pouring head-bath, I have made permanent cures in some very trying cases of insanity—not many—but enough to certify the fact that my views are correct. I know that my methods of treating the insane are not in vogue and that my views are not entertained, or else overlooked; because in institutions for the insane, the *most insane* provision is made for the dietary, as the grand array of figures for hog meat, other meats, tea, coffee, sugar, syrups, fine flour, liquors, etc., proves.

The known facts of the atrocities that have been practiced in public and private institutions for the insane, (and will they never be repeated?) should make all shud-

der at the thought that disease might subject them to such an ordeal.

KIDNEYS AND BLADDER.

Inflamed kidneys (*nephritis*,) or bladder (*cystitis*.)

SYMPTOMS.—Pain and heat in the loins (small of the back) and the groins, with irritation and frequent desire to urinate, etc. Urine high colored or bloody.

TREATMENT.—Same as for liver and to be thorough in both cases. In severe cases take three of these baths a-day. It is the only sure method of reducing inflammation. Omit the emetics unless the stomach is disordered.

Strict attention to diet, and to discard all irritants and stimulants in condiments and liquors of all kinds. Copious water drinking.

Bright's disease of the Kidneys.

The symptoms of this form of diseased kidneys are very similar to inflammation, and the disease originates in the same general causes—liquor drinking, gross food, fiery condiments, strong tea, coffee, tobacco, etc., all which must be discontinued by those who would

recover from an attack and wish to remain free from a renewal of that or other form of diseased kidneys or bladder.

TREATMENT.—Same as for inflammation of the kidneys, preceding article, which see, and be persevering.

The frequent occurrence of this disease, 'heart disease' and 'liver complaint,' ought to be a warning to 'high livers' that the human machine will not bear too much oppression.

Stone. Gravel.

(Urinary Calculus.)

When calculus forms in kidneys or bladder inflammation results. The symptoms are the same as already given. It is a serious difficulty to contend with.

CAUSES.—The debilitating effect of all kinds of wines, liquors, beer and the poisonous ingredients in their composition; drug medicines, salt, saleratus, soda, etc., used in bread making and cooking, and the adulterations of various articles of food—not only weaken the kidneys and bladder, but furnish the material of calculus or gravel and stone. Hard water is also a cause. The only safety is to avoid all these enemies to

your welfare, and even life ; for under the most favorable conditions, intense suffering and danger are present. Hard water ought never to be drank without being boiled.

TREATMENT.—If when the first admonition of trouble in the urinary organs is recognized, of whatever nature, resort is at once had to the treatment directed for inflammation ; and all objectionable habits are abandoned, there is but little doubt but that the urinary organs would be capable of self-defence and cast out the obnoxious intruders ; at least, it is my opinion that such would be the case. Debilitated by evil habits however, they are incapable, and succumb with the fearful consequences.

In a majority, or perhaps in all cases, the free use of the pure juice of limes or lemons would greatly aid in dissolving calculus. No salt, no sugar. See Diet, and give heed to its teaching. Copious water drinking.

LICE.

Body, crab, head.

The fact can not be ignored that these pests of the unclean and careless exist ;

and that they may also affect the cleanly who are brought into contact with them in public conveyances, assemblages, bath-houses, and in other ways.

To get rid of body and head lice, the most certain and the easiest mode is a lengthly warm water bath, using brown soap freely ; adding for the head a pouring head-bath or a good 'sousing' in cold water and the use of the fine comb while the head is cold. Repeat if required.

Greasing the hair, beside the injury it does it and the scalp, makes one more liable to appropriate stragglers from others.

Crab lice infest the sexual parts, the armpits and the eyebrows, first ; and if neglected, the head. They are very tenacious of hold, irritating, and multiply rapidly. The best mode of riddance is to annoint the parts affected by them with a paste made of common brown washing soap (not a lather,) and then take a lengthly warm water bath and 'wash off' finishing with a cold dash and a pouring head-bath or a good 'sousing' of the head in cold water. If the first application is not sufficient, repeat.

Lightning Stroke.

If instant death has not been caused by a lightning stroke, the most certain and quickest method for resuscitation will be to immerse the whole body in water and to give the pouring head-bath; or beside the head-bath to pour a stream of water over the whole body in a way to let it run away from head to feet, if the body can not be immersed. Water is a powerful attractor of electricity, and if there is any relief to be had it must be by its aid.

Locked-jaw. Tetanus.

The term, locked-jaw explains itself. Tetanus is a general stiffening of the muscles of the system, in which the body may be drawn forward, backward, or sideways. There are many causes to which this disease is attributed but the most frequent is a wound, from a pin-scratch to greater, and frequently resulting from surgical operations. Infants, it is said, are not exempt, though I have never known a case to occur. Locked-jaw commences with a stiffening of the neck and difficulty in swallowing.

As the nerves are always affected, causing the stiffening of the muscles, the inflammation can certainly be reduced by a prolonged bath, say during several hours, the water being kept a little colder than the heat of the person, and during the bath to drink water freely. Two baths a-day, with much water drinking. If not successful, locked-jaw is one of the conditions in which I would desire to be sweated to fainting, the bath having been a long one. The 'regular' medical course has always proved to be very unsatisfactory.

Magnetism—physical.

That physical magnetism exerts an influence upon those who are ailing, if the operator is healthy, self-conscious and well informed of the power to be wielded, can not be properly questioned at this day, by any intelligent person who is informed of current facts. Great and lasting benefit has been conferred upon thousands who have testified, and will continue to testify to the truth of their experiences.

Self-magnetism, — the passes being

made from the forehead backward, with a free motion, the ends of the fingers being turned toward the head will relieve head-ache; and in other cases, local pains in the stomach, bowels, etc. by distributive passes, throwing off the irritation.

I have demonstrated the value of this force in nature and witnessed its action too often to be deceived, although I am very skeptical. There are several manuals or works upon this subject which may be consulted by those who are interested in it.

Medicinal poisoning. Curious cases of

During the past twenty-five years I have had three cases of petechial or spotted disease of the skin, unaccompanied by fever, and all of them of confirmed chronic condition and from the same general causes—syphilis and drug medication. In each case the victim had been salivated mercurially, had been ‘dosed to death’ with iodide of potass, tincture of iron, and as they expressed it, ‘lots of stuff’ beside. They were as spotted as a leopard, bright red or scarlet, skin smooth. Had gone from ‘bad to worse,’

under medical treatment, as far as the 'spots' were concerned, one of them had been spotted more than three months, though no syphilitic taint developed during my treatment. Perfect cures were effected in six to nine weeks, but of very active

TREATMENT, viz: two active sweating-baths daily, of about two hours each, most of the time, each bath followed by the cold dash of three or four pails. Every attention to Diet, Sleeping, etc. (which see,) and abstinence from all liquors, tea, coffee, fiery condiments, tobacco and animal food.

Having carefully investigated the first case my diagnosis of the others was pronounced correct: the cause and the treatment being similar in each case, and as such 'spotting' is not a condition of syphilis, the drugging must have caused it.

Medicines increase diseased action, and are often the cause of worse complaints than those for which they were given, of which fact there can be no doubt whatever.

Medical testimony against medical
practice.

See page 13 for the opinion of the distinguished Dr. BENJAMIN RUSH; and pages 75-6 for some other quotations.

Dr. W. W. HALL, editor of *Hall's Journal of Health* wrote—"Just as it often happens, when the physician has employed all the resources of art and science without seeming good effect, he is compelled as a last resort to withdraw, to be a mere looker-on, a watcher, and leave it to nature." He was a distinguished and popular 'regular' and portrayed 'old school' experiences.

Says Prof. J. M. SMITH, M. D.—
"Drugs do not cure disease: disease is always cured by the *vis medicatrix naturæ*." (The healing tendency of nature.)

Dr. ABERNETHY, the renowned, said—
"There has been a great increase of medical men of late years; but, upon my life, diseases have increased in proportion."

I could quote nearly one hundred medical authors to similar purport.

Milk-leg.

(*Phlegmasia dolens.*)

This is an inflammatory dropsical swelling of the leg, (seldom both legs,) occurring generally after child-birth, though occasionally during pregnancy, under the management common to the 'good old way;' which, however, I have every reason to believe could not occur under the new and more enlightened water cure way.

It is an affection that sometimes under 'regular' drugging practice is not cured but remains enlarged during life. It is exceedingly tender and painful.

THE TREATMENT.—This must be in accordance with the strength. Do not delay, but as soon as you feel an uneasiness about the groin and thigh, with constipation or any urinary trouble, take the sitting back-bath or the half-bath, twice a-day, from fifteen to thirty minutes each time, and about two and a half to three hours after breakfast and after dinner; and if any chilliness is felt, keep the hands and arms in hot water during the cold bath and afterward also, if still chilly.

(See articles—Cold water bath, Warming and Cooling process, Diet, Sleeping, Ventilation, Half-bath, Sitting back-bath.)

The cure can be made thorough by persevering a short time, and should be, because dropsical tendencies are to their renewal, unless perfectly cured.

The Mouth.

For canker sores, inflamed gums, etc. gargle with hot water, drink freely of cold water, take a sweating-bath with a pouring head-bath before and after, every day until cured. Give strict attention to diet, etc. and use no irritating condiments, nor liquors, nor hot food and drink; and if the stomach is 'out-of-order' take an emetic or several of them until in order. (See Emetics.)

Movement Cure.

This method of exercising, added to the course I direct for treating disease may aid some persons materially, in getting well, or they may think so, and it is all the same if they get well speedily.

Send to S. R. Wells & Co., 737 Broadway, New York for the book of this title. Price \$1.50, if you can not get it of your bookseller.

The Muscles.

It sounds strangely to hear many ordinarily intelligent persons declare they have no muscles. *Muscle* (voluntary, or subject to the will, through the nerves,) *is the flesh of all animal bodies, two or four legged.*

To reduce muscular inflammations and to prevent the formation of pus, as abscess and boils, and also to prevent gangrene and mortification from bruises, wounds, and surgical operations, and to give tone and vigor to the muscles, there is nothing like water, hot and cold, from steam to ice.

The involuntary muscles, those not under control of the will, belong to the digestive or internal portion of the system and they also are acted upon through the same means and with wonderful certainty, and efficiency, which is the more particularly manifest in the application of ice-cold water and ice.

Next to good food and a sound stomach, there is nothing like drinking water and absorption of water by a long bath, in pleasantly warm water, twice a-day,—to fill out and even strengthen the muscular system.

Neck. Stiff, or Wry.

This is an inflammatory affection. As soon as felt, take a copious sweating, and finish with a cold dash and pouring head-bath : then put a fomenting wet bandage around the neck, to be worn until fully relieved ; or if you can not give up the day for it, at least wear it all night. The baths twice a-day if the affection is troublesome. It must be attended to at once, as it is the way in which locked-jaw commences, with the addition of difficulty in swallowing. Rubbing with the wet hand will also relieve light cases.

Nerves. Nervines. Nervous.

The nervous system extends to every portion of the human frame. While the nerves convey with utmost sensitive-ness, every impression made upon them, they yet resist evil influences for a long period. When they do yield however, the pain is most severe. *Nervines* are medicines used to relieve nerve pain and excitement. But there are no medicines whatever, equal for their efficacy and certainty to water—hot or cold—according to the indications, as directed.

Nervous—this term has two definitions: one signifies vigor and activity of mind and body, the other the reverse; 'a poor nervous creature,' for instance. It should be unnerved.

Neuralgia,

Like rheumatism, is well known. Change your stimulating diet and coffee, tea and liquor drinking and tobacco—if you use them; and discontinue the use of fiery condiments and pungent spices, and all rich food. If you have not read what I have said about salt, etc. read it now.

TREATMENT.—If suffering is severe, two sweating-baths a-day, washing off in warm water. If the face and head are affected bathe them with tepid water. The fomenting wet bandage must be worn on the affected parts.

Tic-douloureux or neuralgia of the face, requires the constant wearing of the fomenting wet bandage upon it until cured, at least during the night, in addition to the other treatment.

In some cases of neuralgia the cold dash or dripping wet sheet after sweating

is beneficial, while in others it is not as good as warm water. If cold water is used and causes any distress, follow it by the use of warm, and get relief. The equalizing of the circulation by sweating and water drinking is the chief aid to the cure. The sweating should always be followed by the pouring head-bath and bathing of hands and arms with cold water, if it does not cause increase of pain.

The nerves suffer oppression a long time, but when they do yield make serious suffering, in pain which is lancinating, darting, tearing, cutting, and sometimes perfectly excruciating.

The treatment generally gives quick relief and cure.

Overheating. Remedy for.

To become excessively overheated is attended with a risk of great injury and even the loss of life. If unavoidably exposed to great heat and exhaustive effort, the evil effects can be moderated by bathing the hands and arms in cold water and also by the pouring head-bath, in addition ; repeating as often as the feeling

of oppression requires the relief which the bathing will give. Rinsing the mouth and gargling the throat, with copious water drinking in moderate quantities and often, will be an aid.

When the exposure is over, wash with warm water and finish by bathing hands, arms, head and face, freely, with cold water, or take a cold dash, (which see,) of three or four pails. (See Warming and Cooling process.)

Ozena.

As a result of neglected and chronic catarrh, an offensive ulcer of the nostrils may form, termed ozena; or it may be caused by a scrofulous taint, as well as by syphilitic; and as it partakes in a measure of cancerous action, may 'eat away' the nose. It is important therefore, not to neglect a catarrh or 'cold in the head,' and to prevent it from becoming a chronic or settled inflammation.

TREATMENT.—Same as for Catarrh or 'cold in the head,' (which see,) but of the most energetic and persistent character. It might be necessary to wear in the nose, a wet plug of a piece of very soft old

linen table cloth, at night at least, to prevent contact, and to be wet frequently to keep down inflammation. The sitting-bath or sitting back-bath, (which see) would be advisable as a derivative in reducing the inflammation, and the pouring head-bath may be taken very frequently but you must avoid wearing a hat or cap, if a man or boy, until after the hair gets dry.

Painters' Colic. Lead Colic?

I have very successfully treated this affection. I do not think it is the result of absorption of the minerals used, but that it arises from the absorption of turpentine through careless handling and slopping with it, as well as rubbing the hands with it to free them from paint. A very intelligent painter whom I once treated, on being informed of my views, coincided with me. I have held this opinion during many years.

In the regions where the fir balsam is to be had from the tree, it is used by those who have the clap, and overdosing often produces a state not unlike that of painters' colic. That the vapor or fumes

from smelting works give a colic attributable to metallic agency is no doubt, true: but how minerals are absorbed through the pores of the skin and taken into the circulation, is what I do not exactly understand, though there can be no question as to fluid absorption. But right or wrong about the turpentine, one thing is certain, that perfect cures are speedily effected by the.

TREATMENT, which is copious water drinking and prolonged sweating, twice a-day during a week or ten days—and sometimes even less than a week. The sweating is to be followed by a cold dash and pouring head-bath.

The great danger from painters' or metallic colic, is some form of paralysis, which this treatment prevents.

Paralysis—Palsy. Shaking Palsy. St. Vitus' dance.

Paralysis or palsy may be general or partial. One side may only be affected, or the face, or the arms, or the legs. It proves the nervous system to be too much debilitated to perform all the work demanded of it, and the admonition is to

restore the deficiency. It can be done *only* by increased nutrition from healthy digestion and assimilation of food ; by toning up the nerves ; and by an instant discarding of all habits prejudicial to health which were the causes of the loss of nervous force.

The old, old story as to the causes — bad habits in eating, liquor drinking, use of tobacco or sexual excesses and self-abuse, and the latter are often the causes without the others. An estimate of the difference in relation to the sexes, as affected by palsy, may be difficult to make, but it is too much against the men and boys to hazard the proportion. In this relation I class shaking palsy and St. Vitus' dance. The treatment must be persistently given without reference to the whims and caprices of the ailing, as the mind always suffers by paralytic affections. I have successfully treated several cases. (See Diet, Sleeping, Ventilation, etc.)

TREATMENT. — Every attention must be given to diet and the manner of eating, and to the sleeping, etc. Commence treatment by giving the pouring head-

bath from four to six times a-day and let it be done correctly, during three or four days: then commence to give a daily sweating-bath with the pouring head-bath before and after it. Let the sweating be thorough, with copious water drinking. Add also the dripping wet sheet or the cold dash, or the sitting back-bath, whichever is most convenient.

If this treatment is given in its spirit and the age is under forty-five years, there is a reasonable chance for recovery in almost every case: Above that age the cure is more doubtful. Two months usually suffice to effect a cure.

Shaking palsy, or paralysis agitans and *St. Vitus' dance* arising from nervous debility also, are to be treated in the same manner. The secret causes must be understood in all these cases, and erroneous or vicious habits *must* be prevented or there can be no cure. It may be necessary in some cases to apply croton oil to the parts to prevent self-abuse during treatment.

Poison Oak. Poison Ivy. Swamp Sumac.
(*Rhus Toxicodendron.*)

To those who are subject to the influ-

ence of this poisoning, I know of nothing that can be more distressing. The intolerable itching and burning in some cases is such as to be almost unendurable. In some cases the face is so swollen as scarcely to be recognizable. Two cases of hopeless blindness, through medical mal-treatment have fallen within my observation. I have heard of four deaths occurring in California during the past twenty-five years, one of them in 1877, at San José. It is now about twenty-five years since I treated my first case in California, and since then hundreds of cases without a failure. Primarily it is a topical or surface affection and therefore, topical treatment is the natural indication. Poison oak is the curse and bane of the coast counties of California to a large percentage of the population and visitors. All but those who have discovered that they are not subject to it should ever be on their guard; and so with the ivy, swamp sumac, and some kinds of laurel, on the Atlantic slope. This method of treatment was devised, adopted, practiced by myself.

TREATMENT. —Copious sweating in a

steam-bath. To assist it by drinking all the water that the stomach can comfortably contain. Whatever part is poisoned, face, hands, etc. is to be bathed with hot water during the sweating. If face, an attendant must do it. Under the cover other parts may be bathed by self. One long bath is worth a half-dozen half-way ones. I have given baths of more than six hours duration for very severe cases. Moderate but steady. One bath of that kind effects a cure; but it is well to take several short baths afterward to make sure work, as I have known many persons who had been medicated for poison oak, to be affected for years by a periodic irritation spring and fall, until they were treated by my process. My treatment for Poison-Oak is a boon to California and invaluable, because it is a truly scientific, and the only legitimate, mode of treating this distressing malady.

POISONS.

Insect, Medicinal, Reptile.

The stinging of insects often produce violent inflammations and swellings. As far as opportunity has offered for using

water I have found it as serviceable as in all other cases. For the stinging of ants, bees, spiders, wasps, etc. its efficacy is unquestionable. On one occasion, I realized its benefits in a marked degree. Sleeping in a rough 'shanty' in the woods, where large black spiders and ants abounded, I arose in the morning with my right hand and fore-arm nearly or quite twice the natural size, painful of course, from the distension; and before I had determined upon my course of treatment I perceived that the swelling was extending up the arm. Forthwith I arranged for an arm bath and gave it a bath of an hour or more. The painful sensation ceased and the swelling stopped; in the course of a few hours I repeated the arm bath which reduced the swelling. By this time I had arranged to take a sweating-bath, which I made thorough, and two more arm baths completed the treatment. I concluded that I was stung by one of those venomous spiders or an equally venomous ant.

For all insect stinging bathe or apply wet cloths, but to immerse in water is the best.

Medicinal Poisons.

All active medicines are active poisons in large doses, whether they are mineral or vegetable, and ought not to be tolerated about a house. All active poisonous medicines ought to be accompanied by their antidotes duly labeled, with directions for use.

Danger in taking medicine!—A case occurred within my knowledge, as follows:—A. B. thought he was bilious and took a usual dose (in that section of the U. S.,) of calomel. Some hour or two afterward he felt hungry and eat freely of salted mackerel. Symptoms of violent poisoning were soon manifested, and as the effect could not be counteracted, death in great agony followed in a few hours. The calomel and the salt in the fish had formed corrosive sublimate. Drug doctors are very often surprised by the action of their medicines, and well they may be, in making a chemical laboratory of the stomach of the patient.

If poison has been swallowed the quickest way to get rid of it is to take a hot water emetic, (see Emetics,) and

make thorough work of it. If properly taken they are quite as effectual as the stomach pump, and in my estimation, preferable. But it will not answer to drink water if acids have been swallowed.

As through the mistakes of druggists and doctors, and of those who have bottles of medicines and powders, at home, much suffering and many deaths are caused—the question is in order—Should not the whole system of drugging be abolished? and is not the fact of those accidents and deaths a sound and logical argument for its entire abolition?

“Poison is any substance which, when introduced into the animal organism is capable of producing a morbid, noxious, or deadly effect upon it:” (Webster’s Dictionary,) and this is just what medicines do, therefore they are poisons.

Reptile Poisoning.

The bite of venomous snakes is the commonest experience, the rattlesnake in particular. I have had no experience in this direction. The usual resort is to drink whisky to the full, for a rattlesnake bite, which it is said does not intoxicate,

so great is the effect of the reptile poison. Many years ago I knew of the case of a snake-charmer who fooled with his pet once too often, and though he drank whisky until he could hold no more, died.

The *Water Cure Journal* some years ago published a well-authenticated account of a number of cures of rattlesnake and other venomous snake bites, by pouring water upon the bitten part, even after the poison had been for hours in the system and the usual fatal indications were present. The report came from Pennsylvania, in the neighborhood of the Delaware Water-gap, where, it was then the sole remedy relied upon for poisonous snake-bite; and in addition, if animals were bitten they were driven into the water and recovered. What is still more remarkable is, the fact that cures were effected so rapidly, as vouched for.

Pouring or pumping a stream of water, or douching the part affected, it seems then, is the treatment to avert the great danger. Afterward to drink freely of water and sweat profusely must throw the last vestige of poison out of the system.

Should it ever be my misfortune to be bitten by a venomous snake I would test it, adding copious water drinking.

Poultices.

The fomenting wet bandage (which see,) is a warm poultice, and superior to any description of poultice used by the 'regulars,' in its utility, sweetness, simplicity, and facility of providing for use.

Ice or snow poultice.—Ice is to be broken up very fine, or to be shaved. A piece of soft old linen table cloth or old linen towel, of the size required to cover the part, after allowing for enveloping the ice or snow, is to be wet and the ice or snow is to be evenly spread upon it about an inch thick, to the size wanted. Then turn over the surplus cloth so as to enclose the ice or snow and apply it as directed. It is to be always remembered that an ice or snow poultice must not remain in position longer than about five minutes and then off for five minutes, and so on, alternating to permit reaction: unless the person to whom it is applied is very vigorous and robust, and even then great prudence must be observed.

In cases where it is desirable not to have the dripping from melting ice, it can be put in a bladder or a rubber ice-bag. If to be applied to the head the hair must be wet or the head will not be cooled.

Cold wet bandage or cloths are also a useful poultice, to be six or eight folds thick and to have two sets to wring out, change often and keep cold.

Earth poultice.—Should occasion require, and the means to apply a cooling poultice not be within reach, a good poultice can be made of the soil, wet, for which a clay loam is the best and to be used if to be had.

Dry earth poultice.—As an absorbent of the putrescent matter of ulcers, finely pulverized clay or clay-loam, has no superior in its deodorizing qualities and also its antiseptic properties, water excepted, the free use of that being superior; but in cases in which water could not be effectively used as constantly as desirable, for instance in forced journeys or marches, the earth dressing could be renewed with facility to supply a pressing need.

Quackery and Empyricism.

This is really the grand characteristic of medical practice, which is one of experimenting—of *trying* this, and that, and the other ; with *constant uncertainty as to results*, growing out of conditions incident to the quality of medicines, habits of patient, etc.

Quack Medicines.

The administration of medicines should be stigmatized as quackery, whether they are administered as specifics or as “cure-alls.” Medicines never cure disease ; recovery from which is in despite of the disease and the effects of medicines, which really retard a cure.

RHEUMATISM,

Acute or Chronic ; Sciatica, Lumbago, etc.

This is an inflammatory disease, symptoms so well known as not to require describing in my limited space.

CAUSES.—The same old story. Improper habits of eating and drinking, etc., which debilitate the system and fit it for the first unfavorable action to produce inflammation. Adding also mercurializa-

tion, the fact being that the 'regulars' are constantly administering mercury in some of its various forms—especially calomel,—for most of the cases of rheumatism on this coast are traceable to that, as the principal cause; and it probably is so elsewhere. The administering of mercury in any form; antimony, iron, and other minerals; strychnine, quinine, iodide of potass, etc., etc., etc., is an infamous wrong, and should be punishable by heavy fine and imprisonment.

TREATMENT.—A thorough sweating twice a-day, with the pouring head-bath and dripping wet sheet until the body is cold; or else a cold dash (which see,) of three or four pails of cold water over the back and legs. The fomenting wet bandage (which see,) must be applied to the affected parts and be changed often enough to keep them wet. Recent cases are cured in a few days. Severe chronic cases in a few weeks by perseverance. See Diet, Sleeping, etc.

A CASE.—A man weighing two hundred and forty pounds was brought to my institution and carried in at full length by five of his friends. With great

effort he was undressed and placed in one of my steam chests. After a bath of nearly three hours he dressed himself with the exception of putting on his coat; and aided by one of his friends *walked out of the house and stepped into a carriage.* Eight baths made a perfect cure. Hundreds of cures have been effected by my baths: most of the cases within the limit of ten to fifteen days. Only one chronic case required five weeks treatment, which was owing to the fact that he had been terribly drugged before he came to me.

Acute attacks of rheumatism were usually so readily cured that such cases were not looked upon as patients, in the ordinary light of treatment of disease.

Rickets.

The mother who would avoid having a rickety child, (the term conveys the idea of the disorder,) ought herself to live aright during pregnancy and afterward while nursing; and subsequently give only wholesome and nutritious food to her children. (See Children, Bathing, Diet, Exercise, Sleeping, Ventilation, etc.) There is no other method by

which diseased bones can be cured which can promise a tithe of the success which this offers.

Rubber water-bag.

The rubber water-bag or bottle is a safer method for furnishing heat than glass bottles or heated bricks, when it is desirable to use a heater.

Rubber sheet.

This is a very useful as well as necessary article in catching dripping water, or to spread while giving a washing or bathing of the whole person, if unable to sit up; or to put underneath one who is taking a lying down sweating-bath.

Rubber Ice-bag.

Either this or a bladder is a great convenience in using ice for a poultice or derivative.—For the head, the hair must be well wet, or the cold will have no effect upon the head. It must be continued upon the head until a sensation of aching or pain is felt from it: then be removed until the pain ceases and then be returned, and so on, alternating, until inflammatory action, or fever,

or delirium is reduced, as the case may be, and as directed.

Saliva—the salivary glands.

“A well-spring of water springing up within you,” if not “unto eternal life,” at least to the blessing of this, when not poisoned by the use of liquors, tobacco, salt and the other irritating condiments and gross food. If the importance of keeping the salivary glands in healthy condition was known and duly regarded, the offences against nature just named would not be committed. The saliva is one of the most important secretions of the human system. If its value in a healthy condition, was recognized, it does seem to me that no one with intellect much beyond an idiot could consent to its deterioration by habits that insure it. The saliva and the gastric secretion of the stomach are both injured by the same causes. The usual spitting away of saliva is very injurious.

Salivation. Mercurial

(*Ptyalism.*)

This infliction is too well known to require any description.

TREATMENT. — The only effectual method of treatment is by sweating—thorough—and by steam baths, is best. The longer the baths and the more profuse the sweating, the better it is. If the baths are of two hours or more each, four or five may be sufficient, if the sweating has been thorough. Much water must be drank during the bath. (See page 56, for a case.)

Of all the minerals employed by the 'regulars,' mercury in any form is possibly the most injurious. Thousands upon tens of thousands of constitutions have been wrecked by the 'regulars,' who profess to be 'scientific' men, qualified to assume the responsibilities for weal or woe, of administering to the ailing.

If the practitioners who have done the deeds of wrong, and those who, to-day, are treading in their footsteps, have to face the record and the wrath of their victims, the Lord have mercy upon them say I. If they had to endure the infliction, I think but little mercurial or other mineral medicine would ever be administered.

DR. TRAILL.—"It is a serious fact in

the 'curiosities of medical literature,' that the standard books recognize fifty-one distinct diseases resulting from the medicinal administration of the various preparations of mercury."

I could quote a score of competent authorities in denunciation of the use of mercury, among them PROF. CHAPMAN, M. D., of Philadelphia; yet to-day it is so freely employed that it is not safe to take 'a dose of medicine,' unless you positively know that mercury is not an ingredient. And how are you to know? I have seen so much deception practiced in relation to mercury, that I am not confident that I would accept the 'say so' of any mineral drug prescriber. All mineral medicines are ruinous.

A Rev'd. M. D. said to me a few years ago: "Calomel is the Jesus Christ of medicine." (His positive and unequivocal words.)

The administration of calomel and other mercurial preparations, as well as many other mineral and other active poisons, ought, in my opinion, to be made a misdemeanor punishable by fine and imprisonment. I have seen much of the

wrong inflicted by medicine-men, and have been able to give the relief demanded through the agency of thorough sweating—the only way in which it can be done.

Ample testimony has been given to the efficacy of my treatment, in such assertions as—"Doctor, since I took your course of baths I know no more about the changes in the weather;" and similar expressions, proving the absence of aches and pains which had been previously felt, after being mercurialized. Mercury, in fact, makes a barometer of the human system.

Scrofula.

This quite common disease may be from heredity, as a transmission from scrofulous predecessors, or as a sequence of syphilitic degeneration, and those whose constitutional development is frail are also predisposed to it, and unhealthy food and injurious habits may then develop it. The same may be said of the tendency to consumption, and such organization is termed the consumptive and scrofulous diathesis.

The well-known symptoms are glandular swellings in the neck and elsewhere, with ulcers and 'incurable running sores' of ears, head, neck, legs, etc. Tumors of various sizes and of varying extent, also form in different parts of the system, or extend throughout, as in one case that I treated, in which there was one complete succession of tumors of the size of a pea to that of a birds egg—from the head to the feet. The tendency also is to consumption of the lungs, in which condition the fatal termination may be reached. And unless the most thorough and vigorous treatment and dietetic habits be resorted to, scrofula really is incurable; though there is a considerable amount of patch-work done by quacks and 'regulars.'

The majority of cases of scrofula exist outside of the frail organism, and they will be found among those who live grossly and eat much hog meat, and use filthy lard in general cookery. Such persons transmit to their progeny the curse of their own inflictions.

TREATMENT.—Twice a-day a copious sweating, drinking water freely, finishing

with a cold dash and a pouring head-bath before and after each sweating. As the stomach is always in an unhealthy state, take an emetic, daily, during from twenty to thirty days, or until it is in healthy condition.

The strictest attention *must* be given to Diet, to Eating, Sleeping, Ventilation, etc. all which see, because the whole system must be made over anew, and what is most extraordinary is, that under my active treatment it seemingly at least, has been often accomplished in ten weeks. LEIBIG says that "under six weeks of active water treatment greater organic changes in the human system transpire, than during three years, in the ordinary course of nature." (Letter to Sir CHARLES SCUDAMORE.)

Scrofulous ulcers are to be bathed very frequently, and be kept covered by a wet fomenting bandage until they heal. See Abscess, Ulcers, etc., page 197.

Scurvy.

'Bad' food, 'bad' habits—indeed both must be 'bad' enough, to induce the disease, on shore, where wholesome food

can just as well be obtained as that which causes disease. At sea, on long voyages, the case is different. If instead of the white ship-bread pure Graham were furnished to both cabin and fore-castle, it would be better for officers and crew.

This is a disease of especial debility as indicated by the leading causes enumerated in the terms 'bad' food, 'bad' habits. Salt hog, salt, pepper, greasy food, liquors, tobacco, etc. a neglected skin, foul air at night, are quite sure to do their work sooner or later.

SYMPTOMS.—Debility, emaciation, languor, diseased condition of stomach, etc. and a spotted skin like flea-bites, of a purplish hue, generally commencing on the legs and may extend to the whole body. The tendency is to bleeding internally and externally.

The *Sea Scurvy* is worse than the land form, with diseased gums, loosened teeth, foul breath, and great tendency to bleeding, which in many cases is very difficult to check if the case has run a length of time.

TREATMENT.—The first thing to attend to is to change the diet and all 'bad'

habits. (See Bathing, Diet, Exercise, Sleeping, Ventilation, etc.) There can be no question but that acid is craved and is desirable in treating scurvy. (See Acids in disease.)

Take the dripping wet sheet (which see,) in full extent, twice or three times a-day, followed by a pouring head-bath each time. If you chill yourself put your hands and arms into a pail of hot water during a few minutes or until you have overcome the chilliness. Drink freely of cold water between meals—commencing an hour or more after eating and stopping an hour before. It may be necessary to take emetics, (which see,) and in a few days commence to take daily, two sweating-baths or one long one, with a pouring head-bath, before and after each. Continue the course directed until well.

Sea Sickness.

(See page 186.)

Sewerage.

Since I wrote in brief, my opinion of city sewerage, (see page 9,) I have seen an article in a leading daily paper of New

York, in which the same views have full expression and illustration, showing why the 'trap' is only a deception, and no protection whatever, adding that "thousands of fatal cases of disease that are believed to be the result of contagion, are really due to sewer-gas poison," etc.

SEXUAL DISEASES—MALE.

As the sexual diseases are intimately connected with the brain and nervous system, the strictest attention must be given to strengthening and upbuilding. Therefore see Diet, Eating, Exercise, Sleeping, Ventilation, etc., and conform to the requirements of nature if you would recover health and strength.

Hundreds who had been deluded by the quack sharks have been restored through the water-cure course, when naught else would have availed them.

The use of liquors, tobacco, tea, coffee, the fiery condiments, salt, rich pastry, and animal food, all are prejudicial to good health; but in the sexual disorders are particularly injurious, and must be disused if speedy and permanent cures are desired.

Sexual desire is increased and greatly aggravated by the use of liquors, strong tea and coffee, and animal food; as all who will discard them can prove.

Vital Force; how wasted, how preserved, by Dr. E. P. Miller, price fifty cents, is a book worth having. Send to S. R. Wells & Co., 737 Broadway, New York.

Dropsy of the scrotum or bag (hydrocele.) It may be necessary to have the scrotum tapped if it has been permitted to accumulate water enough to increase its size to any extent; then take the cold sitting-bath, or the sitting back-bath if you can have an assistant; and either of those baths taken two or three times a-day during from ten to fifteen days will effect a cure—probably, but continue until it is done, as you can have no other treatment as reliable. The baths are to be of the duration of an hour or more, each. (See Sitting back-bath and Sitting-bath.)

Swelling of the testicles.—Circocle, Varicocle, Spermatocle. Generally it is the left testicle that is affected. This is an inflammation and enlargement of the testicle, spermatic veins and spermatic

cord. There is a distressing feeling of bearing down and weariness, producing anxiety and distress in this affection; the testicle is tender, the veins become like a bunch of tangled twine, and the spermatic cord swollen and hard extending into the groin. The same treatment as the preceding, adding a suspensory bandage, to be found at the drug stores; and this *must be so worn as to support the bag close up to the body*. If this affection is not properly and effectually treated *at first*, you will have a trouble that you will never get rid of though you live as long as Methuselah is reported to have lived.

The suspensory bandages are made with strings to pass under the thighs, but this causes the suspensory bag to hang below the scrotum and therefore is constantly straining its ligaments and muscles. To prevent that, change those strings, sewing them to the band at a point about half way between the hips and the scrotum or bag, cutting the strings so as to tie the suspensory and raise or lower it to the proper tightness. These strings are those for the back part of the suspensory bag, and when in the new

place hang close to the belly. There is no comparison between the advantage of this arrangement and that of the bandages as you have to buy them. I have never been able to find any properly made suspensories. You *must* keep the scrotum up tight to the body however you have to manage it. As this difficulty is almost universally neglected very few men escape a life-long nuisance and more or less misery. But if the treatment I have directed were at once taken energetically and thoroughly, a cure could be effected. The cold sitting-bath will be a great relief at all times.

Inflammation of the testicles.—May be induced by an injury, by self-abuse, by excessive amatory passion or furore, and sexual excess. Great pain and distressing uneasiness of feeling. Treatment—the same as for Swelling of the testicles, etc. the preceding article, which see. Unless there is enlargement of the testicles a suspensory bandage will be unnecessary. The treatment ought to prevent swelling if taken immediately.

Sarcoccele.—This is a hardening, schirrhous or cancerous affection of the testicle. Treatment the same.

Seminal emissions, nocturnal emissions, pollution, dreaming, spermatorrhea,—different terms for the same thing.—I insist that no semen passes in the state alluded to, but a vitiated mucus secretion which is undoubtedly very hurtful. The cure is the sitting back-bath of an hour's duration, twice a-day and to be continued for weeks or months if the case demands it, as there is no other means by which a cure can be assured except through water. The douche-bath (which see,) would or could be made more efficacious, but so few can have its advantages. Those who can, ought to do so, letting it play upon the spine the whole length, and doubly or trebly from just above the hips down. (See Douche-bath.)

In addition, as the sweating-bath is a great helper in quickening all the energies of the system, a daily thorough sweating-bath ought to be added by those who could give the required time; and in all these genital affections, as they have generally been neglected, patient perseverance in treatment must be given to restore strength to the affected parts. Cold water is the great tonic that is alone capable of

producing the desired effect to the local difficulty.

Those who suffer from seminal weakness are, almost without exception, as far as my examination has proven, addicted to the habit of sleeping upon the back, which is the worst position that can be taken. All who are suffering from any of the sexual derangements must lie on the side or toward the face. Hard beds or mattresses rather than soft, with hard pillows. (See Bedding, Sleeping, Ventilation, Position in sleeping, etc.)

Self-abuse.

The habit of self-gratification of the desire for sexual connection is common to both sexes. Its foundation lies deep in hereditary appetite, stimulated and goaded as it is, by the use of animal food, liquors, strong tea, coffee, tobacco, and fiery condiments; with the provocation of licentious conversation, pictures, etc.

To break this habit, which is so ruinous to health and morals, is a great effort and not until physical and mental ruin 'stares its victim in the face,' in the majority of cases, is it accomplished. The insane

asylums bear testimony to the mental ruin it creates ; and the premature deaths of the once hopeful and promising of both sexes, just coming on the stage of life, tell the rest of the sad tale. Very few parents, it seems to me, take the right view of this subject ; for it would be difficult to form a correct conclusion as to what children of ten years old have not vulgarly learned. It is far better that they be instructed in a rightful and rational manner to prevent the injury which will otherwise be done them.

All stimulants and irritants *must* be discarded and the course be adopted as directed in the preceding article, for diet, sleeping, etc. with the firm resolve to refrain.

As the habit is acquired by children at even less than five years old (I have had two such cases, and know of one little fellow of less than three years old with whom the most rigid course had to be taken) and as those who have fully investigated this matter declare that scarcely a boy is to be found at ten years old who is not addicted to it—it is time that parents and teachers were fully

aware of the necessity of taking some intelligent action in relation to it. Even one boy or girl addicted to this vice will corrupt a whole school. The brazen-faced impudence and effrontery of so many children at this era is to be charged to the practice of this corrupting vice. In some inveterate cases there may be no remedy or prevention short of employing a physician to cauterize the parts, making them too sore to handle until the habit is overcome.

I am satisfied from facts that have come to my knowledge that but few parents realize the extent of precocious sexual commerce that exists—even under ten years. It is only under some peculiar condition that the evidence comes to the surface: but the facts are the same, and yet the word is “children must not know about ‘such things,’ they are too young.” If they are not properly taught before they are five years old, in nine cases out of ten, they will have vulgarly acquired a knowledge which fore-warning would have made them shun.

Children ought to be warned and properly instructed in sexual physiology,

and if parents and teachers do not do it, vulgar and evil-minded persons surely will impart such knowledge as ought not to be possessed by the young.

Send to S. R. Wells & Co., 737 Broadway, New York, for *A Father's Advice*, a book for every boy, and *A Mother's Advice*, a book for every girl, by Dr. and Mrs. Dr. E. P. Miller, price twenty cents each, and you will find that those little books will do for you and your children what you can not do for yourself. Parents who think their children are too young to be informed about 'such things,' at this era, just doom them in the main, to the chances of physical and mental ruin before they arrive even at the period of change from childhood to puberty.

Satyriasis.

In the male an unnatural craving for sexual connection—a furore—and under its influence men are so insane as to commit rape upon females. Gross diet, liquors, fiery condiments, personal uncleanness local, and general also; arouses an excessive excitement of the genital

organs, which excites (in the brain,) the organ of aſſuſiveness, to insane action. Warm water bathing, or daily sweating-bath, vegetarian diet, (see Diet, Sleeping, etc.) the pouring head-bath, the ſitting-bath, can and will correct this condition, and would benefit many who have not yet arrived at, but are on the road to it.

Gonorrhea or Clap. Gleet. Stricture.

Gonorrhea is communicable and originates from impure connection almost universally, though married women who labor under the inflammatory weakness of leucorrhea or 'whites' may originate it or a difficulty allied to it.

It is attended with a mucus diſcharge, and ſcalding or burning pain, and in the caſe of the man, with difficulty in urinating, from ſtricture, or inflammation of the canal of the penis, etc., when neglected. It is not unusual after medical treatment to have a chronic running, termed a gleet.

- Both ſtricture and gleet are prevented by the treatment I direct.

Gonorrhea is a catarrh of the penis, or an inflammation of the urethra extending to the bladder, and would be

generally called a 'cold' in the penis, as a 'cold' in the head is spoken of, if the disorder was rightly understood. The usual medical treatment is simply shameful.

TREATMENT.—The cold sitting-bath, water to cover the hips, and remain in it until the water is about the same temperature as the body. If chilly, the feet and hands are to be placed in hot water. Twice or three times a-day. (See sitting-bath.)

Liquors, salt, the fiery condiments, salted food; whatever will irritate the kidneys and bladder, must be disused. Cures are often effected in a week by this method. Continue treatment until cured.

Stricture and gleet are prevented when taken in time; but if stricture already exists it will take a longer time to reduce it than gonorrhea itself. I have never had a case requiring the use of the bougie, having the inflammation under control without.

Both sexes are subject to the gonorrhea. The woman experiences the same scalding and burning sensation in

the vagina that the man does in the penis. The treatment is the same as for the man, adding the use of the syringe and cold water injections three or four times a day, using a quart or more of water each time. Continue until cured.

Syphilis, or Pox.

This disease affects both sexes, and if neglected becomes one of the most terrible, loathesome, and ineradicable of the whole catalogue of human complaints. It is a consuming fire, burning up flesh and bones—a lingering death with woe-ful torment. Its horrors are not realized, or if they are, it seems like madness to encounter the risk of them.

On page 60 I have given a test case in treating pox, to prove the efficacy of sweating when all other means had failed. This will furnish a basis for action in other cases. Another very extraordinary demonstration, the particulars of which I cannot give space to recite, but equally as conclusive, occurred under my advice. It is sufficient, and gives ground for a confiding hope in the most desperate case.

I have formed the firm opinion that neither man nor woman who has had the the pox, and been through it with a 'regular' course of treatment, ought to be the parent of a child, as the insidious action of the disease and the medicines combined, upon the generative organs in particular, as well as the entire system, is such as unfits the victim for parentage. And 'wink and blink' at the facts as any one may, "the sins of the fathers are visited upon the children to the third and fourth generation," etc., in consumptive and scrofulous tendencies and disease.

SYMPTOMS.—The first evidence of the infection is a small pimple or pimples on the head of the penis in man, and on the lips of the vagina, or within, in woman. They soon fester and ulcerate unless they have been cauterized and the germ of disease been extirpated. If the virus is taken into the circulation the doom of torment and death has been pronounced, unless the disease is thoroughly and promptly treated.

TREATMENT.—Go instantly to some honorable physician and have the chancre properly cauterized, and at the same

time discontinue all stimulants, salt, pepper, and animal food. Add twice a day a thorough sweating-bath, drinking much cold water. Finish the sweatings by a cold dash (which see) of three or four pails, and also a pouring head-bath; or take one extra long bath, which is really the best.

The baths must be taken, and the time you will lose is the penalty you must pay for your transgression; and be thankful that a mercy so great exists, and that you are informed of it. In addition to the sweating-baths, twice a day take the sitting-bath in cold water. It may be early in the morning and in the evening.

If taken in hand promptly it may be necessary to take treatment only ten or fifteen days at most: but if ulceration has taken place, and if buboes or swellings in the groin have formed, and especially if they have ulcerated, the treatment must be continued until healed. In such cases mildly warm sitting-baths are required three or four times a day, and the fomenting wet bandage must be worn all the time, or at least at night. A band must be put around the waist, and an arrange-

ment be made to keep the fomenting bandage (see it) in place.

The vegetarian system of living is invaluable as an aid in restraining sexual passion, and all who would escape being 'set on fire of hell' ought to adopt it.—If for no other reason than the baneful effect upon the sexual organism—all liquors ought to be forever discarded, and animal food also, together with all nervous stimulants and irritants.

SEXUAL DISEASES.—FEMALE.

Menstruation is not a disease, but from various causes irregularities and difficulties attend it, owing to diseased conditions of the sexual organs. (See articles 'Menstruation' and 'Menses.') Combined with menstrual irregularities is the very general complaint termed

Leucorrhœa, Fluor Albus, Whites,

--all meaning the same thing. Menstrual irregularities and the whites may be the result of debility, of self-abuse, of sexual excesses, aggravated by improper diet, irritating condiments, strong tea and coffee, and the very injurious habit of

tight lacing, which displaces and cramps *all* the internal organs, and prevents the performance of their functions in a natural manner, in addition to weakening them, and destroying the beautiful symmetry and proportions of the female form.

Beside the injury inflicted by the discharge from the vagina, the affection is a very disagreeable and unpleasant one, constantly getting worse unless cured.

TREATMENT.—The cold water sitting-bath (which see) twice or three times a day, if the weakness is troublesome. Syringe with tepid water, very freely, two or three times a day, finishing each time with one charge of cold water. If suffering from a ‘cold’ or lung weakness, apply hot cloths or bandage to the chest during the cold bath, and have feet in hot water. If the warm foot-bath is not sufficient to prevent chilliness, add the hand and arm hot water bath.

Menstruation — difficult, irregular, painful, excessive.

Women have so much unfortunate experience in these times, that no comment is required. Of all the various expedi-

ents to give relief, none are equal to water.

For *difficult, irregular, and painful* menstruation (or mismenstruation), take a warm sitting-bath, deep enough to cover the hips, keep the water warm by additions of hot water. One hour will not be too long. Place the feet in hot water and keep it warm. (See sitting-bath.) You can drink water as freely as you please, and if you get a good sweating so much the better. Finish the bath by bathing face, hands and arms with cold water, after having a good washing of the whole person. Commence this course a few days before your regular time comes on, and continue it if you have any pain or trouble, during your time.

When your period is over, if you are not debilitated or thin in flesh, take a cold sitting-bath every day commencing with one pail of water, increasing in the second week, and after that let the water be deep enough to just cover the hips. Put the feet in hot water during the bath. It will not be more than a month or two probably, until you are 'all right,' all the time; and when you are so, if you con-

tinue the cold sitting-bath you will become permanently healthy and regular. In the case of those who are healthy they often continue the cold sitting-bath without intermission on account of their turns. Those who are delicate will use less cold water at first, increasing quantity as they find they can bear it. If the system is warm and the circulation active, the cold bath can be continued until the water is about as warm as the body. The hot foot-bath enables one to take the longer cold bath, which is the more beneficial.

Many young women are seriously injured by being kept in ignorance of nature's functions in this matter of menstruation, and stupid notions that have been held about the use of water during the menstrual period: but more light now exists, and as it is extended women will be more healthy and free from suffering.

Excessive Menstruation. This is duly checked, and then stopped by taking the course directed in the next article — Menses—cessation of, or 'turn of life' — which see.

Menses—cessation of, or ‘turn of life.’

This is a period to which most women look forward with fear, so many unfavorable conditions attending; all of which can be avoided by living in a rational and proper manner, aided by keeping a clean and active skin and the use of the sitting-bath daily, at the period of anticipated cessation. Under present experiences, and the past for many years, women look for ‘flooding’ at this period, with great distress and pains, swelling of the finger and wrist joints, etc.

If the bathing is resorted to (see Bathing and Sitting-baths,) and all other observances are correct, there will be no flooding, nor enlargement of the joints, etc. To stop excessive bleeding it will be necessary to apply wet cold bandages or cloths, (which see,) to the spine from above the hips to the end of the spine, and ice-cold water is the best, or if that is not active enough, use the ice or snow poultice, (which see,) several times a-day, until the spine and hips are stone-cold to the touch of the hand, by which time the bleeding should have stopped. This will

effect what nothing else could. (See Womb, bleeding from, etc., and Rubber Sheet.) If the cold sitting-bath with the feet in hot water is taken daily, this period of change will be shortened.

Green Sickness.

(*Chlorosis.*)

This is a condition attendant upon irregular or suppressed menstruation, and derives its name from the greenish hue of the sufferer. The treatment directed for irregular and suppressed menstruation (which see) is the proper treatment for this state: giving attention to all the aids of bathing, diet, exercise, sleeping, bedding, ventilation, etc., and the sweating-bath. The case demands all the aids to health.

Fallopian Tubes.

They are subject to inflammation and dropsy, sympathetic with the womb and ovaries. The symptoms are obscure as between ovarian inflammation, dropsy, and ovarian tumor. Whenever any sensation of pain and unusual irritation is felt in the abdomen below the navel, if prolonged for a few days, it ought to be

received as a warning to be attended to.

Commence at once to take the sitting back-bath three times a day, and employ all the resources of diet, exercise, sleeping, ventilation, etc. Drink water freely, and daily take one thorough sweating-bath; and this applies also to the treatment of

The Ovaries.

Inflammation of the ovaries and other ovarian disorders, are to be treated same as disorders of the womb; (see Womb,) that is, as far as any treatment can be extended without surgical operation; and if attended to on first warning of disturbance of natural condition, might save the operation and even the life.

Possibly the growth of ovarian tumors might be prevented by early attention to the first warnings of pain in the region of the womb, and adopting the treatment.

The Womb.

(*Uterus.*)

All the disorders of the female sexual system require the same general treatment, with the exception of bleeding from the womb.

Some ailment or other of the womb seems to be very general. Tight lacing (and tight dressing is just as hurtful) has a large share in producing womb diseases, by compressing all the viscera of the abdomen downward, thus causing inflammations, misposition, and muscular weakness both of the various organs and the muscles of the belly. When these womb troubles overtake a woman, she then finds too late, and to her sorrow, the evil of tight lacing. That has to be discontinued the first thing, if it has not already been done. Hot and strong tea and coffee, the fiery condiments, rich pastry, cake, animal food, inattention to ventilation, insufficient exercise, improper bedding, sexual excesses, (not her fault in ninety-nine cases in the hundred, at least,) possibly self-abuse, an inactive skin and weak muscles, together with hereditary tendencies, injuries sustained in child birth—and the train is laid for all the womb complaints which make such wrecks of women under 'regular' treatment. The water treatment as I direct it, comes as a boon to such wrecked women, because it is almost, or perhaps

quite, a universal restorer, as I have never known a failure in restoring to health or strength, even those who had given up all hope.

In all these affections of the womb there are severe pains in the 'small of the back,' the loins, groins, and in fact the distress is general, attended by constipation, urinary difficulties, and inflammation. How some women (so many of them) bear up under their suffering as they do, is surprising, and proves them to be truly heroines, for but few men would patiently endure the suffering a woman so often bears almost uncomplainingly.

Displacement of the womb.

Falling of the womb prolapsus uteri—as usually understood, is a partial descent of the womb into the vagina or its complete prolapse, extending to and even beyond the lips of the vagina.

Anteversion is a falling forward. *Retroversion* is a falling backward.

What does it all amount to? Nothing but muscular and ligamentary weakness, for which I have already assigned the

cause. The cure consists in restoring strength to the parts and this is one of the things that can just as certainly be done as any woman shall be in earnest about doing it. It is said that 'God helps those who help themselves,' and the woman must help herself, in this case as well as in so many others.

TREATMENT.—For all the womb, sexual, and urinary ailments, (bleeding from the womb excepted,) take the sitting back-bath, (which see,) if you can have an assistant, three times a-day; or if you can take a douche-bath, and do it thoroughly, three times a-day, and the water is cold, it will be better: but if it is difficult to get cold water and in plenty, and you can have ice or snow to cool the water, then the sitting-bath must suffice, without the attendant. (See sitting back bath, Sitting bath, Douche-bath.) The feet and hands and arms to be bathed in hot water during the cold sitting-baths, if there is any chilliness; and the feet and hands after the douche-bath, if chilled.

In cases of prostration and debility, if very cold, or ice cold water is to be had, the back application (see it,) will be found the best, until the strength is regained.

Injections of blood-warm water two or three times a day, followed each time by one charge of cold water will be very beneficial. A quart or more of the warm water may be used each time.

For the promotion of the general health, one thorough steam or sweating-bath must be taken daily, with the cold dash following, and finish with a pouring head-bath.

A case of prolapsus.—A lady who had been ailing during several years, and had been in the care of several physicians, had become 'bed-fast,' unable to sit erect even in bed, in which state she had been during about a year, was pronounced incurable by some, and only a faint hope of partial recovery in a couple of years, given by one physician—came under my treatment. In about two months, under adverse circumstances, calculated to test to the utmost the value of my treatment, this lady was walking about the city, and up and down a steep hill for some distance, (it was some years before hill rail-roads,) her home being on Clay St. hill. It is about fifteen years since she pronounced herself restored, and to-day she may be seen

perambulating whither her duty or her needs leads her.

Another Case.—A farmer's overworked wife had been 'bed-fast' during an entire year. A course of treatment such as I have directed, in two months enabled her to go home and resume her duties. Ten years later found her engaged therein, having fortified herself, I presume, against a relapse by a judicious continuation of partial treatment as I advised. Among numerous others, I consider these as fair test cases.

Bleeding from the Womb. — TREATMENT, as exemplified in a critical case. Between two and three o'clock in the morning I was called up and informed that "Mrs. Blank is bleeding to death." Dispatching the messenger to a 'whisky-mill' that was kept open all night, with an injunction to fail not to get ten or fifteen pounds of ice, I preceded him to the home of the patient, (This was the only time during forty-three years that I found any use for a 'whisky-mill.') I found her in a pitiable plight indeed. By the time the ice arrived I had my preparations made.

An ice poultice. — Taking a piece of soft, old, well-worn linen table cloth, I wet it in cold water, and breaking up very fine a sufficient quantity of the ice to spread about an inch thick, and large enough to cover nearly the width of the back, from below the shoulder blade to the end of the spine, causing her to lie face downward, I applied the poultice. As the bleeding was so profuse I kept it on, the first application, some twelve or fifteen minutes, during which time a decided diminution in flow was perceptible: afterward I applied the poultice five minutes, then off five minutes, and so on, alternating. In addition, a small poultice was placed between her legs close to the person, and changed of course, the same as the other. At five o'clock, the flow had about ceased, the bed and bedding which had been fairly saturated with blood, had been changed, and the evidence of safety being positive, I departed. As a precautionary measure, I made two additional sets of application of the ice poultice and Mrs. Blank being blessed with a good appetite and having plenty to eat, was herself again within a short period.

What would have been the 'regular' course in this case? Probably to raise the hips by several pillows, to 'plug the vagina' (those are their own words,) and if cold applications were made would have been only half-way done and where they would be of the least possible service, viz: on the front, instead of controlling the nerves through the nervous plexus and ganglia, from their locale in the spine. By 'regular' treatment in this case I opine that there would have been about one chance in ten for recovery—tedious and unsatisfactory, at best. This case occurred twenty years ago. The lady survives in buoyant health and spirits.

Another very severe case, attending upon menstrual cessation, was just as successfully treated: while many minor cases, as a matter of course, attracted but little attention.

Dropsy of the womb.—In cases where the fluid fills the organ it would be advisable and indeed necessary, to empty it by the use of the canula. If a woman neglects herself and permits disease to develop in the abdominal cavity it will be

necessary to have the aid of the doctor. The dropsy of the belly, fallopian tubes, the ovaries and the womb require different surgical operations — those of the womb and belly only, being unattended with extreme danger of fatal result.

TREATMENT. — Same as for general dropsy and dropsy of the belly, pages 271 to 276.

Prevent — by resorting to treatment, — the full development of all these diseases, the moment the warning of something wrong is given. I believe it can be done. Then go on and take the fullest course of treatment that is directed for falling of the womb, including sweating-baths, by which means the diseased organs may be restored to healthy action.

Tumor of the womb. — Can it be reduced? Can its growth be restrained by right living — by the active treatment I prescribe? I cannot answer the question: but as nature is all potent when in vigor and well aided — who knows?

This I know — that a surgeon insisted upon amputating a woman's leg above the knee, for a peculiar hard tumor which had formed below the knee, and as she

placed some value upon it, she consulted me, and the result was that the tumor was reduced, obliterated entirely, and her leg saved.

Ulceration of the womb.—This is an ailment that is supposed to be very common among women, but I do not believe it exists in a majority of cases until after the caustic creates it; it affords a fine field for ‘*examinations*.’ I have advised to the cure of many supposed cases, and never made an examination, *because I considered it entirely unnecessary*, and the treatment is just as efficacious as if I had done so. And the same in falling of the womb, with one exception, the husband insisting upon it, and threatening to take the case out of my hands if I did not. To save her from going into the hands of a ‘regular’ I consented. But it was a shameful imposition on the part of the husband. It is more than twenty-five years ago, and the lady, to-day, is in ‘splendid health.’

Inversion of the womb.—This difficulty belongs to child birth, and generally is the result of ignorance, stupidity or reckless incautiousness on the part of the ac-

coucheur or accoucheuse, in removing the placenta, or after-birth. They ought to know enough to get out of the scrape ; but if they do not, the woman will die before intelligent help can be obtained. On the instant, the inverted or upper portion of the womb must be firmly grasped and be forced inward into right position. My article upon Midwifery will teach the avoidance of such disasters. That they do not occur oftener than they do is really a matter for surprise, seeing the indecent haste exhibited, and the use of ergot of rye to hasten labor, etc.

Cancer of the womb.—(See Cancer.) This is a fearful disorder. Gross living, hog meat and lard, fiery condiments, wines and liquors, and hereditary tendencies. Antidote to this is a right style of living and habits. (See Diet, Exercise, Air, Ventilation, Sleeping, Position in Sleeping, etc.)

TREATMENT. —The sitting back-bath twice or three times a-day ; and tepid water injections after each. Also, a thorough sweating-bath daily.

Ulceration of the Womb.—Treatment accidentally omitted on page 400. See Index.

Nymphomania.

When a woman labors under unnatural sexual excitement it is because she is suffering from a diseased condition of the sexual parts. It may be caused by inflammation of the vagina through the whites, womb irritation, the effect of wines and liquors, animal food and fiery condiments, perhaps neglect of local bathing. The remedy is in her own hands, in changing her style of diet and habits, and by warm water sitting-baths, to cover about half way up to the top of the hips, three times a day. Sit in the water until it feels cool to you. See Sitting-bath, but it is not necessary to take a foot-bath with warm water sitting-bath.

Pruritus.

Itching of the external part of the genital organs—very troublesome sometimes. The warm sitting-bath, same as for nymphomania, the preceding article, which see. Take the bath as often as the itching prompts it. The fomenting wet bandage might be worn at night, but must be kept up close to the person.

Shower-bath.

I am not aware that any water-cure physician of any experience ever permitted the use of the shower-bath. For one, I have always forbidden it because of its irregular action upon the nervous system. My advice to all is, not to use it. The cold dash or the douche may be advantageously employed in almost all cases where a powerful derivative or tonic is desirable.

Sitting, or hip-bath.



A metallic vessel is made for this bath which is very convenient and agreeable, but an ordinary wash tub will answer. The water to be deep enough to cover the hips. It is generally for cold bathing. The feet and legs are always out-

side the tub, a blanket or large shawl is to be thrown over the person during the bath, which may be from twenty to thirty minutes duration, or more, as is advised.

If you feel chilly the feet are to be placed in a pail or pan of hot water, and if that is not sufficient to overcome the feeling, put the hands and arms also into hot water. The cold sitting-bath does its local work while the heat of the whole body is not diminished.

SKIN DISEASES.

There are a great many disorders named under this head, all of which can be traced to 'bad' dietetic habits in eating gross, fatty, or stale articles of food, the use of irritating condiments, liquors, etc., and to a neglected, inactive, and probably also, a dirty skin, and this no doubt has a great deal to do with all such diseases.

The prevailing characteristics are those recognized under the general term of

**Tetter, Ringworm, Shingles,
Salt-rheum, etc.**

Small watery or mattery pimples which dry-up and form scabs and scale off.

The disordered condition is continuous with its causes; and increases if neglected. (See Bathing, Diet, Sleeping, etc.)

TREATMENT.—The same as for Nettle rash, next article, which see; adding for the relief of the local itching or irritation wet cold cloths, to be kept wet by frequent changes.

Nettle Rash or Hives.

(*Urticaria.*)

This is an eruptive affection, the sensation and appearance of the skin being similar to that produced by nettle stinging. It appears in patches, disappearing and returning, and is very irritating and annoying.

CAUSES.—Gross and improper food, inactive skin, etc.

TREATMENT.—A mildly warm water bath daily, to cleanse the skin: then the dripping wet sheet, often enough to allay the irritation.

Drink cold water very freely.

It may be necessary to take a daily sweating bath in addition to the treatment named, if the disorder does not speedily yield to that.

Pimples on the face.*(Acne.)*

Young persons are those, generally, who are troubled by this affection. The black spot or head of the eruption, is usually supposed to be a worm or maggot, but it is not. A reformatory writer says — 'matrimony often removes the disease'! I offer something better than that, because it *always* removes the disease.

A case was presented to me many years ago. It was the worst I ever have seen and certainly was a 'bad' one. The young man had been well drugged and anointed before he came to me. He stated that one doctor proffered a cure in six months, but that others had pronounced him incurable. In fifteen days, under my treatment, he was perfectly free from the slightest appearance of his previous condition and in an admirable state of health.

TREATMENT. As he was a stranger in San Francisco and anxious to save time, I gave him three steam baths a day, of about two hours each, drinking very freely of cold water during the bath and finishing by the cold dash and cold head bath.

The Cold Dash.

This is simply from one to four pails or buckets of cold water, quickly emptied in a broad stream, over the back and and legs, but not upon the chest—after being ‘washed off’ from a steam or sweating-bath.

The first steam-bath was given before breakfast; the second, before dinner; the third three hours after dinner. Ordinarily I would give two baths a-day in such cases. Diet, Sleeping, etc.—which see—must be duly attended to.

THE ITCH.

I know of no remedy for this complaint so simple yet so efficacious as the following:

Take common brown washing soap, cut into thin slices, melt it so as to make a thick paste (not a lather,) and apply it to the affected parts; then lie down in a warm water bath during an hour; do not disturb the soap until the bath is finished, then wash clean.

A full change of clothing and sheets, towels, etc., after commencing treatment is undoubtedly desirable, perhaps absolutely necessary.

Insect or no insect, the water and the soap does the work of curing in a manner so effectual, speedy, and pleasant, that it has no equal.

Neglect of personal cleanliness is the recognized cause of this disagreeable disorder. It is communicable, at least to the many; but whether very cleanly persons would be affected I can not assert.

As there has been some great error in diet and neglect of bathing, a decided change must be made and persevered in, or what will prevent a renewal of the disorder? But I trust I am only wasting my time in writing about it hoping that none of my readers will ever require my instructions.

Dandruff.

This more generally affects the scalp. The head is not bathed daily, as it should be. It may also affect the entire surface if bathing has been neglected, the health is not good, and the skin is feverish from the usual unwholesome food, liquors, etc. Drinking water freely, proper food, change from bad habits, daily warm water bathing or sweating bath, washing

off with cold water, will soon effect the desired cure.

Leprosy.

This disease, I presume, seldom occurs in the United States, except among the Chinese. I have met with but one case, and that originated 'in the mines' from very 'bad living,' exposure to great hardship and neglect of personal cleanliness. Its character was of the kind termed black, that is the scales were very dark. A successful cure was effected in two months by two thorough steam-baths a-day with the cold dash freely given, and much water drinking, attention to diet, etc.

From the investigation I made I was satisfied the disease could not be contagious.

Another case I considered of a very pronounced character black. An Indo-European gentleman came from China expressly to place himself in my care, under strong recommendation there, (before the steam lines were laid on,) making a fifty-four days voyage to reach San Francisco. In two months he returned, having realized the sole object of his

visit a cure. With a fine constitution, robust and vigorous, he had three full steam-baths a-day most of the time, followed by a cold douche each time, and much water drinking. In both these cases and in two others to be mentioned, the whole person, the face and hands excepted, was covered.

Two cases of the light scale I also treated. Both were American. One contracted the disorder in a mining region in Mexico; the other in Central America.

In all these cases there was every indication, symptom, and condition of true leprosy but the size of the scales, which were not more than half the size 'the books' assign to the ordinary Asiatic disease; which however, might have been modified by constitutional difference and surroundings, or the development might not have been complete; through all which, the disease might have been shorn of its worst features.

In these cases I was fully employed in giving the treatment, that I might watch the progress of the cure. For every bath (at first,) a large cloth was

spread upon the floor to receive the falling scales (in undressing,) of which there then was a plentiful crop: and special arrangements were made to prevent any injurious effects, if any probability thereof existed. Neither my assistants nor myself had any cause for a moment to suppose that we were affected in the slightest degree.

It is sad to know that human beings can fall into such wretched conditions through violation of nature's laws; and yet they may be accounted intelligent and learned. But the rudiments even of true and most valuable knowledge have been, and still are, universally ignored until disease and suffering overtakes.

I refer to these cases as strong evidences of the truly scientific claim for sweating as the great depurator to free the system from impurities, and as an equalizer of the action of all its forces—a claim to which all its uninformed opposers will yet be forced to yield.

Measles, scarlet fever, small-pox, chicken-pox, I classify as eruptive fevers; the conditions being so entirely distinct from, and unlike the really mere cuticular diseases.

Sleep-talking and walking.*(Somnambulism.)*

Nervous unrest is the cause of sleep talking and walking.

There can be no consciousness, for if there were, no human power could have saved those whose unconscious vagaries have carried them through appalling danger, as in walking upon the parapet walls and steep roofs of houses, climbing trees, etc. It is a fearful state to fall into and ought to be remedied upon its first indication.

TREATMENT to prevent this state of nervous unrest: all the requisites to establish health. (See Bathing, Diet, Exercise, Sleeping, Position in sleeping, Bedding, Ventilation, etc.) and give especial heed to the views advanced therein.

Take three or more pouring head-baths daily, in addition to a daily warm water bath, or a sweating-bath.

Sleeping. Position in

The proper position in sleeping is upon either side and to change sides, or else to lie with an inclination to the front. The worst position that can be chosen, is to

lie upon the back, and then add the hands clasped and thrown back over the head, as is the custom with so many. A serious injury is inflicted upon the nervous system by lying upon the back, and those who do it can not enjoy health and nervous force and equanimity. The head must be raised by a pillow (hard,) to a natural horizontal line with the body.

Sleeplessness.

A state of nervous restlessness often attended by disastrous results, is speedily relieved by taking a thorough sweating-bath followed by the pouring head-bath and the dripping wet sheet, until the body is pleasantly cool, or instead of the sheet a dash of two or three pails of cold water (see Cold dash.)

Tea, coffee, and all stimulants and tobacco and inflammatory food must be discontinued, and also, much mental activity in all cases of continuity of wakefulness; and add more exercise in the open air, in working or walking.

To discontinue the use of tea, coffee, animal food, etc., suddenly would add to the nervous excitement which but few

could bear : therefore reduce, quantity and strength to such extent as you can bear—adding plentifully of that which is good to more than compensate for your loss. In this way, in from ten to fifteen days a very ‘weak-kneed’ individual may completely revolutionize the habits of all previous years.

(See Air, Diet, Exercise, Sleeping, Bedding, etc.) and the preceding article.)

Sneezing.

Fits of sneezing are sometimes very annoying and serious. The pouring head-bath and bathing the face and forehead with cold water will stop them. Also gargle the throat with cold water.

SPINE, or BACKBONE.

**Curvature, Weakness, Inflammation, etc.
of the Spine.**

For all spinal complaints, my spinal or back-bath, sitting back-bath, or back-application, is to be employed twice or three times a-day and a daily sweating-bath to equalize and arouse the circulation. See Diet, and eat all you can digest. If the stomach is weak, take

an emetic, daily, until restored to healthy action. (See Emetics.)

If the douche-bath (which see,) is at your command, give it the preference, as a more powerful action upon the entire spinal column can be effected in less time than by the sitting back-baths. The water for the sitting back-bath (which see,) or back-application must be cold, and be kept cold, during the bath, say half an hour to an hour, the feet and hands being kept in hot water to keep up the heat of the system.

There is a consumption, or atrophy of the spine, and a dropsical affection also. The treatment meets the necessities of the whole.

It is almost beyond belief how soon the boon of restoration rewards those who are in earnest in employing the above simple means. But of course all the aids of Sleeping, Ventilation, Clothing, etc., (which see,) must be duly attended to.

The spinal column and the muscles of the back, etc., are just like a ships' 'masts,' and 'stays,' which, when they get 'slack' are 'tautened up;' and so with my spi-

nal or back-bath and sitting back-bath, (refer to both,) you can set up your back or that of another.

(See Exercise, Bedding, Sleeping, Position in Sleeping, Ventilation.)

Sprains.

Immediately upon inflicting injury, if it is possible, place the part in water just as hot as you can bear it, keeping it hot until relieved from pain, or swelling has subsided. If hip, knee, or shoulder, is the part sprained, apply hot wet cloths same as in bruises, (see Bruises.) So much depends on thoroughness at first, that if the injury is not fully conquered, it may give trouble for years or for life. A severe sprain must not be trifled with, though it may require hours of patient applications. When in a satisfactory condition—no soreness or uneasy sensation—then finish by a cold application. Within a few hours repeat the treatment and continue it during several days, two or three times a day, for the effect of a sprain is not fully known, until by any neglect, you may discover to your sorrow that you were not sufficiently thorough in your treatment.

Starvation System.

For the gross, the scrofulous, the plethoric, wholesome food and a restricted quantity may be not only desirable but necessary ; but to put sick and debilitated people upon two meals a-day and a limited small quantity at that, is not only barbarous but the height of stupidity, or neglect to investigate, or else from a motive unworthy of a reformer of medical abuses. Either way, such a course accounts for the unsatisfactory length of time demanded for treatment in so many 'institutions.'

I never quarrelled with a patient except he had adopted the idea that 'a sick man must not eat.' I made it a rule to give a sound and active stomach, furnished the very best food, and demanded its consumption. If rejected, there was where the quarrel came in, and the patient had to succumb or leave.

Steaming-chest for steam-baths.



This is a substantially made chest of about the following measurement:—

Length on the floor say seventy-two inches, giving sufficient space for the bather to sit down on the bottom of the chest, with legs extended, to be 'washed off' after the steaming, without the necessity of removing the chair or bench occupied in sitting during the bath. *Width* Sufficient to admit a usual office arm-chair with broad arms. If a chair is used it must be strengthened by brass screws in every part, as the steam loosens the glue; but I prefer a bench at the usual height of a chair, and the cleats screwed on with brass screws; arm and back support to be put on in the same

way. Two changeable additions to the seat, of inch board, with inch and a half cleats to such board, to raise the seat if required, or else three sets of cleats on the sides of the chest, to alter the height of the seat, the lowest one being designed for an ordinary long-bodied man. The *depth* of the chest at the seat must be at that gauge. The bench must leave an opening of three or four inches at the back to let the steam rise around the bather. The low portion beyond the break in the line of the cover is twenty-four inches deep. The top piece over the seat for the bather is halved, the back part made permanent to stiffen the frame, the front half moveable, and the circle for the neck of the bather is let into both halves. The opening for the neck to be about eight inches diameter, which is closed by a towel around the neck. The cover or lid is made in two parts, hinged and to fold together when open, and to be hung to a cross piece of about six inches wide to stiffen the lower end of the chest. A movable frame to fit snug as a *partition* to reduce the steaming space and to be taken out when

the steaming is finished is to be made, which will be covered with zinc, and the whole case ought to be lined with zinc if much use is to be made of the chest; the bottom lining ought to be heavy: and to be useful must be made water tight. An outlet to run off the water into a drain, or into a pail, and the chest must be well rinsed or washed and wiped dry every time it is used.

The steam is communicated through a piece of hose from the steamer, (see steamer for steam-bath, page 69,) and the steam chest ought to be some ten feet from the fire to prevent the unpleasant effect of hot air in warm weather. The steam is to be admitted into the chest under the center of the seat, and to diffuse it, its force should be broken by striking against an upright strip or object, or be received into a small box, having the hose permanently fixed in such a manner that its opening will have a clear space of some inches, to prevent any chance of stoppage of the steam, or have a permanent piece of hose or pipe arranged into which the hose fits from the outside. A folded sheet or heavy towel

must be placed over the bench or chair to protect the back and legs, if the steam is too hot in those portions. The steam can be regulated either by the amount of fire, or by opening the cork in the boiler, which acts as a safety valve; and in addition, the bather can raise the lid of the chest.

Care must be taken to prevent the formation of a 'trap' in the steam hose, (that is a low place where the steam may cool and condense into water,) which stops the sweating. To prevent a 'trap' the plan is to raise the hose in the center higher than it is at either end, by which means condensation is prevented, or runs off without entirely stopping the steam.

The bather will find it a great advantage to drink much water; and while sweating, especially during the early baths, to rub the body, which assists the sweating, and rolls up the effete matter and dead skin.

The feet are always to be placed in a pan or pail of hot water during a steam-bath, and additions of hot water may be required.

CAUTION.—Do not attempt to see how

much heat you can 'stand,' (sit) because you may make unnecessary trouble for yourself and others. (See Fainting.) But let your bath be enjoyable as well as beneficial, so that you may look forward to the next with pleasurable anticipation. Let there be plenty of fresh air in the room while bathing and dressing.

Steam, or Sweating Robe.



This is made of 'duck'—a heavy cotton goods, and the brand which I have found satisfactory is the 'Bear Duck.' It is required to have it heavy enough not to fall upon the person of the bather, but to 'stand off' by its own body, and yet not be so heavy as to be a hindrance

to washing or rinsing it as often as is desirable. If in use only by one person, or in a family even, if turned inside out and hung in the sun to dry, it could be used several times without rinsing or washing. When not in use it must be hung up loosely for the benefit of airing, and not be folded and laid away. This is portable and can be used wherever a fire can be made for the steamer. The feet to be placed in a pan or pail of hot water, the same as in the steam-chest.

See page 64 for other methods of getting up steam for a bath.

The robe is the shape of a lady's train skirt, *the train in front*, which gives covering to the legs. The following are the measurements of front (or train) and back, large enough for a large man, and can be used for a person 'ever so small.'

Front.—The length is 72 inches. *Back*, 56 inches. The gores are at the side, and extend to within 15 inches of the top, near the shoulders, and are 38 inches wide at the bottom. The back hangs down straight, and the straight side of the gore joins on the back breadth. The robe measures 13 feet 4

inches around the bottom. At the top, the back part is plaited from the center down to an opening of 15 inches diameter, through which it is placed over the head, and having a hem and drawing tapes for the unplaited or front part, it is closed around the neck; a towel is also pinned around the neck to prevent the steam from escaping, and also to keep the sweat of the neck from the robe; the robe may be made double in front, just under the face, if the steam should escape through the robe at the top. The dimensions I have given is of my own, which is of the largest size. The duck is thirty inches wide, and I think it required eight or eight and a-half yards.

To keep the robe away from the arms and body a bearer or yoke, (see the cut at the commencement of this article for the bearer and position,) made of clear half-inch stuff, 25 inches long, by 15 inches wide, with a lengthwise opening 10 inches by 8 inches to pass it over the head, is to be placed upon the shoulders. To keep it from splitting, a light batten should be placed on each end. To keep the robe from the legs and knees a **T**

piece, 26 inches high and the cross piece 16 inches long, is placed between the knees, and with the feet in a pan or pail of hot water, and the steaming arrangement having been completed,—sitting upon a chair,—a first-rate steam-bath can be taken at home, with little trouble and less expense.

I presume that any ingenious woman, particularly, any dress-maker, will have no trouble in getting at the idea of my steam-robe, as it was a skillful dress-maker to whom I gave my ideas, and in return she has made me several of these robes.

If made shorter, such a robe would be more convenient, and be better in use, than blankets, for taking a sweating-bath in a tub: in which also, a steaming arrangement might be contrived, if desired.

This is my own portable steaming arrangement; and the steaming chest and steamer for steam-baths (see page 69) are also of my own designing.

Stiff Joints.

(*Anchylosis.*)

The moment any inflammatory condition of a joint is evidenced by lameness

or stiffness, take, daily, either a sweating or a warm water bath, following it with a cold dash of three or four pails. At night wear the fomenting wet bandage, and also during the day, if your duties will permit, but the cloth must be kept wet by renewals. (See Fomenting wet bandage.)

If the stiffness increases take two or three sweating baths daily, or one very long one, which will be better. Drink much water, and discontinue salt and all irritating condiments, liquors, etc. (See Diet, Exercise, Sleeping, Ventilation, etc.) It is all important to wear the wet bandage for the local affection, and keep it wet, to restore the synovial secretion, by reducing the membranous inflammation. The trouble is serious, and not to be trifled with.

Stone-Bruise.

I remember when a lad of bearing of a case of this kind, which was so serious a matter that the leg was amputated, followed by the death of the young woman. It is the bottom of the heel that is affected, and I coincide with Dr.

SHew that it is a felon. Bad fitting boots and shoes with nails and pegs not properly smoothed down may cause it, as well as bruising by jumping, etc. From its location it is troublesome to get rid of.

TREATMENT.—Bathe the foot in cold water half an hour : then take a half-bath in cold water, the affected foot out of the water ; or take a sitting-bath in cold water with the feet in cold water ; either way continue the bath until the water is as warm as yourself. Three times a-day. The affected foot may be bathed at separate times, in addition, if more relief is required.

Sun-stroke. Heat-stroke.

This really is apoplexy,

TREATMENT—The same as apoplexy, which see. Direct cause of sunstroke, the hat—the retained heat of the head overstimulating the brain, causing oppressive congestion.

The hat and cap—the head covering of men and boys—is one of the curses of civilization. Every hat or cap ought to have a hole in the crown as large as a silver dollar, or an equivalent in four or five smaller ones.

The hair is the natural covering for the head; but it would be folly to hope for any change by which the abominable hat and cap would be discarded, therefore the diseases which the head covering creates—of lungs, throat, and stomach—must continue more or less, to do their work of devastation and death.

Swallowing. Difficulty in

The remedy for this condition is, the pouring head-bath and the dripping wet sheet two or three times a-day, until the head is made quite cold and the body cool. Or, if more agreeable the spinal or back bath or back-application may follow the head-bath. The head-bath may be taken as often as four or five times a-day if the trouble is annoying. Also in small lumps, melt ice in the mouth or sip ice-cold water, frequently.

The Teeth. Tooth-ache.

There is no more design in nature for the loss of our teeth than for the loss of our fingers and toes. Hot drinks hot food, fiery condiments, concentrated sweets, vinegar, tobacco and liquors,

cause decay, involving excruciating pain and the loss of the teeth. In addition, the nutrition is insufficient to protect and preserve them: in fact diet is so improper that their growth, from infancy on, is defective. Superfine flour, (of which so much is consumed in bread and pastry,) does not contain the elements of their structure, as demanded; but unbolted wheat meal, or Graham flour, does, and that only ought to be made into bread or mush, for children at least, on account of their teeth, if for nothing else; and all who desire to preserve their teeth and at the same time meet the demands of the entire system should make the unbolted wheat meal their staple for food.

To preserve the teeth and prevent tooth-ache. The sure method is to avoid the dietetic errors alluded to, and to adopt dietetic habits which insure health, which will also be a guarantee for sound teeth. If the teeth are not cleaned after every meal they ought to be without fail, before going to bed. A good brush and some fine soap and water, or even simple water is better than the 'dentifrices' or

nostrums put up for the teeth, many of which are so injurious that rapid decay follows their use.

Tooth-ache is often prevented by filling a decayed tooth, which ought only to be done with pure gold. Some dentists have used, and continue to use, what they term 'paste' and 'artificial bone' etc., which are nothing more or less than an amalgam of silver and crude mercury - the worst thing that can be done to the injury of the tooth, and may be an irreparable injury to the jaw-bone in causing speedy necrosis or death of the bone, if the cavity is large. It seems almost incredible that such a practice could ever have originated, or that its evils have been continued, since the facts are fully recognized. Pure gold only, for filling decayed teeth, or better a thousand times have every tooth extracted than to permit even one to be filled with amalgam.

Tooth-ache can be effectually cured by the use of cold water, but the remedy is a trying one. More than fifty years ago I tested it and was free from any farther trouble for many years, until a drug doctor salivated me in a most uncalled

for and shameful manner. The course I pursued was to take a mouthful of cold water and retain it until warm ; then eject it and take another, and so on, during several hours, until the pain ceased. It was effectual ; yet most persons would prefer losing a tooth to that method of cure ; but I know that it paid me well for my perseverance.

Temperance.

A good definition of this term is, the moderate use of that which is beneficial and total abstinence from all that is hurtful—amongst which, the most prominent are liquors and tobacco. Temperance is the foundation for health and all the virtues.

Forty-three years (June, 1878,) of total abstinence from *all* kinds of liquors and tobacco enables me to form a fair estimate of the value of sobriety.

Thirst.

Allay thirst by rinsing the mouth and bathing the hands and arms in cold water. This also prevents the excessive sweating caused by drinking much cold water. This hint is for those who are well.

Ticks.

If ticks, or the chigger (or jigger,) deposit themselves or their eggs under the skin, it is in a little sac which must be carefully removed without breaking, and is done by the aid of a strong needle to lift it out of its bed; then fill the cavity with wood or tobacco ashes, as a very mild caustic. The chigger confines itself apparently, to the feet, but the wood tick will make a lodgment on any part of the person if not disturbed. After the ashes have been applied a few hours wash and bathe the part. The most cleanly persons may be infested by these insects and by bed bugs also; but dirty people furnish the best harbor for them.

Tight lacing and dressing.

If wasp-waist women could comprehend the contemptuous pity sensible men entertain for them, they possibly might, instead, take to padding for a natural looking shape. It seems most extraordinary that so many are still found who are destroying themselves by tight lacing and dressing. It must be through ignorance of the injury they are self inflicting.

ing. When the flood of sexual complaints the practice causes, or greatly aggravates, breaks upon them, the terrible truth will stare them in the face. It would be better to comprehend it before, and avoid the evil consequences.

T o b a c c o .

Notwithstanding its universal use, for chewing, smoking and snuffing, tobacco is an extreme narcotic poison ; a minute portion of the essential oil (*nicotine*,) of which, destroys life.

Its use is highly injurious to health, largely causing dyspepsia, throat and lung diseases in general, and cancer of the lip, mouth and stomach, and always retards or prevents recovery from disease by those who will not discard it. In the bowl of an old pipe a quantity of nicotine always accumulates, which if taken internally, would kill the owner. It is doubtful if the habit of chewing and smoking was ever acquired without producing the most violent vomiting and deathly sickness; yet strange to say, such is the foolish infatuation of example and custom, that men and boys will persist until they

so stupefy themselves that they conquer the safeguards set by nature, and establish a monster tyrant in their place, ever goading them on to mental and physical degeneration, and from whose tyranny but few have the ability to escape.

It is said that the 'great Captain of the age,' (universally caricatured with a cigar between his lips,) since the commencement of his European tour, has discarded the use of tobacco. If true, in the free translation of the language of the 'old book,' it may be said of him—"He that overcometh himself is greater than the mighty, or than he that taketh a city;" and vastly to his credit.

Drs. Alcott, Baldwin, Shew, Trall, and others, have written well upon this topic; but in my judgment there is no other essay upon it so full, incisive and complete, as that by Dr. HENRY GIBBONS, of San Francisco—the two hundred and fifty dollar prize essay of the Methodist Episcopal Church Tract Society, in a competition with more than fifty other essays.

Millions of copies of this tract, *Tobacco and its effects*, (No. 583,) ought to be in circulation as a warning for the young.

And the sound views Dr. GIBBONS holds upon this topic and that of Alcohol, entitles him to the esteem and gratitude of all friends of human progress, who ought to interest themselves in its circulation. For one, I accept them as an offset for the otherwise (to me) disqualifying fact, that he is (with these exceptions) an uncompromising 'regular.'

This essay is to be found at all the Methodist Book Depositories, price five cents ; by mail would be seven. I advise every person who reads the lines I have written, to send the price in postage stamps to a Book Depository for a copy, and if a supply is obtained for distribution it will be a meritorious work.

The enormous amount of money worse than wasted on this vice, who dare estimate ? A heavy dealer in tobacco in San Francisco asserted as an incontrovertible fact, that for the article of Spanish cigars alone, the people of the Pacific Coast annually expended more money than the combined cost of their food, clothing, and the education of the children.

Trichinosis.

This fearful disease is caused by the *trichina spiralis*, a parasite of the hog, existing in the muscles of voluntary motion (the lean meat,) in countless numbers, and is reproduced in those who eat the diseased meat. No remedy for it has been pretended to have been discovered. The fact is, it is incurable.

Many deaths are known to have occurred from eating diseased hog meat, and many other deaths supposed to have been caused by typhus and other fevers, and other causes, are now attributed to trichinosis, through a better knowledge of this disease; and quite recently, in Ohio, a cubic inch of flesh was taken from the arm of a girl known to have died from trichinosis, a microscopic examination of which gave the basis for an estimate of *one hundred thousand!* trichina contained within it. Alive with these worms- -what can prevent death.

Tumors.

There are various kinds of tumors and they may affect almost every part of the

system. They are the result of gross and unwholesome living, sometimes of blows, very often the effect of medicines administered by the 'regulars' for the cure of disease; and also evidence a weak and defective circulation and a debilitated condition of the part in which they occur.

If the people lived for health instead of a reckless courting of disease, only a generation would pass away before such conditions would be unknown unless produced by some extraordinary cause.

TREATMENT, preventive, is right living and an active skin and circulation, by bathing, sweating, exercise, attention to ventilation, etc., all which see under their various heads.

TREATMENT, remedial, the same, adding fomenting wet bandages, the cold dash or the douche, and the pouring head-bath, discrimination to be exercised, but by taking the course which increases the healthy action of the system, the greater energies may absorb, scatter, or repel the incipient threatenings. External tumors may, in addition, be operated upon, if stubborn. Mention is not in-

frequently made of very successful operations for internal tumors; and in a few days thereafter, a funeral notice is almost as certain to follow.

Urine, Urination.

Incontinence or dribbling. Retention of urine, and painful urination from stricture of the urethra or canal of the penis, or inflammation of ureters, kidneys, or bladder, may require at first the use of a catheter to assist in passing the water. (Get the aid of a physician in that case.) *Diabetes* or sweet urine—excessive urination—all are to be treated as directed for kidneys and bladder, which see.

Vaccination.

Among the early opponents of vaccination during the past fifty years, I still remain firm in my convictions of its impolicy. In very many cases it is utterly worthless as a protection against small-pox. In my own case the physician pronounced it a perfect success, yet I had the small-pox in its most malignant form. It is so well-known to be a doubtful security that to argue the point is not

necessary ; whilst re-vaccination is universally admitted to be necessary.

I have witnessed the baneful effects of vaccination in several cases and the danger that environs the practice is well known ; and if I had a thousand children not one would be vaccinated with my consent. I would teach them *to live to protect themselves from infection and contagion and let them take the chances*, which would not affect them very seriously.

Vaccination is one of the grand frauds of the 'regular' practice, which also permits and encourages the people to use intoxicating liquors, tobacco, and gross and improper food, and thousands of its practitioners set the pernicious example. All these bad habits breed and propagate the conditions that invite small-pox and other malignant diseases. But it makes business for the profession, and the undertakers, without which many a one might find hoeing corn or digging potatoes more profitable.

Vaults, Wells. Foul gas in

There is reason to suspect foul air in all old vaults and wells. Before a des-

cent is made into one a lighted torch or candle ought to be lowered into it. If it is 'put out,' it would endanger life to descend. A quantity of quick-lime, or even a full quantity of water thrown in, and giving a current of air an opportunity to circulate, would disperse the foul gas. But a test ought to be made, even after the effort to purify.

Vegetables.

Always desirable as a staple of diet, with unfermented, unbolted flour bread ; ought to be restricted to two kinds at a meal or repast, and with some fruit or melon, will be found most conducive to enjoyment and health. The habit of indulging in a variety is not wise as regards the welfare of the user. Made up 'salads' are objectionable, on account of the condiments used.

Cucumbers, if peeled and used without condiments and vinegar, *and chewed until a pulp in the mouth*, are not only grateful to the palate of most persons, but possess an amount of positive nutriment. In this way most persons would reject them ; and in the ordinary way, *they ought to be rejected*.

Veins—Varicose or Enlarged.

Upon the first appearance of an enlargement of the veins—occurs in legs and arms, generally from straining in over-lifting, and in women during pregnancy—resort at once to the cold water douche-bath or to pumping cold water upon the legs or arms, or to bathing them in very cold water until the cold causes a reduction of size: then put a roller bandage on the affected leg or arm, tight enough to keep the veins compressed with a view to reduction. In two hours renew the cold bathing, and follow it up every two hours, bandaging after each bath. By taking this course, a condition that would otherwise be unreducible will be restored, and if duly attended to during a few days will not be subject to renewed enlargement. Still, care must be taken that it be thoroughly done. I have had one case that was a thorough test of the great efficacy of this mode of treatment.

Roller Bandage

Is a strip of cotton cloth or flannel, two inches and a half wide and as long as may be required in each case, to be

wound around-and-around the leg or arm tight enough to compress the muscles but not to stop the circulation in a case of this kind.

In commencing, if for the leg below the knee, take two or three turns around the great toe, then one around the next, then the foot, getting carefully around the ankle, each fold to overlay the other, with an even pressure all the way, and in this manner for all other parts, taking care not to have a tighter strain on the part nearest the heart. The end to be fastened with a pin. It is called a roller bandage because the strip is made into a roll for the convenience of handling in bandaging.

If the enlargement is considerable, it might be best to freely bathe or douche the arm or leg without removing the roller bandage, both above, below, and on the bandaged part.

Voice. Loss of

(*Aphonia.*)

Inflammation of the throat and its appendages, and nervous debility, causes a weakness of the vocal organs, ending

sometimes in the greatest injury to the quality, volume, and strength of the voice, and to its almost total loss. Vocalists and public speakers often suffer from this affection.

TREATMENT.—The pouring head-bath several times a-day and one sweating-bath followed by a cold dash. Drink freely of cold water and gargle the throat several times a-day with cold water. If this is not sufficiently active for all cases, add the sitting back-bath once or twice a-day, instead of the sweating-bath, after having taken three or four of them.

A quick warming and a cooling process.

If at any time you feel chilled, whether after using cold water or otherwise, you can be warmed by immersing the hands and arms in a pail, or basin or deep pan of hot water, covering them well and keeping the water hot as you can well bear it during from five to fifteen minutes, when you will feel a warm glow all over. So also, in very warm weather you may cool yourself in the same way, by using cold water; or by letting a stream of water run upon the hands and arms, particularly upon the wrists.

Washing off. Sweating.

After sweating, in all cases, the rule is to 'wash off' with warm water and to rub the skin with a coarse towel, wet, or a flesh brush, to cleanse it from the effete matter. Finish the bath by bathing the arms, face and head with cold water, and if you add a cold dash of three or four pails of cold water you will feel all the better for it afterward. Wipe dry with soft towels.

Wasting Away.

(*Atrophy. Marasmus.*)

Without any previous intimation, some fifteen years ago, Mrs. Blank, of Solano County, Cal., a very intelligent lady, was brought to my institution by her husband. I think if I had been consulted previously, and well informed of her state, that I would have declined the case.—Many years ago Calvin Edson, surnamed 'the Living Skeleton,' was on public exhibition throughout the United States. Well, Mrs. Blank was first cousin, as a living skeleton, to that renowned case. The faith that brought her to me over-

came my fear of the difficulty I might encounter in treating her, so she was registered as a patient. The

TREATMENT. I commenced with warm water baths twice a-day for a few days, then two steam-baths and warm water following, daily. Much drinking of water and milk. Graham flour bread and mush, and milk as often as inclination prompted. Then the addition of ripe and stewed dried fruits and vegetables; and in two months the living skeleton was transformed into a woman of fine and fair proportions.

Without any known cause she had commenced to waste away, and finally took to the bed about one year before she came under my care.

As I could not risk her being handled by an attendant I carried her to and from her room to the baths and so severely did her thigh bones hurt my arm that for self-protection I had to seat her on a pillow, yet in less than two months time she promenaded the streets of San Francisco, doing her 'shopping' previous to her return home, where she soon took the entire charge of her house-

hold, consisting of her husband and three children

Two years later she made a visit to 'the States,' unattended, with four children, the youngest being only one year old!

I had another case of wasting away—a man—in Alameda; so thin that the chance of his being any thinner was about out of the question. He was another of Calvin's first cousins. He recovered perfect health, weighing when I last saw him, one hundred and eighty pounds of bone and muscle—not diseased fat. His 'wasting away' was clearly traceable to the effect of medicinal poisoning for disease. His physician was a relative, at whose earnest solicitation I took charge of the case, under the assurance that there was no hope for his recovery under 'regular' treatment.

And yet there are people—and doctors too, who ought to be ashamed of themselves—who, in the face of thousands of registered facts during the past fifty years—yet stigmatize the Water-Cure as a 'humbug.'

I sometimes am almost lost in amaze-

ment at the audacity, mendacity, and meanness that exists among men.

Water. Impurity of

‘In the nature of things,’ it is to be supposed that the stagnant and the river and running water of the surface of the earth, will be impregnated with both animal and vegetable impurities, in addition to whatever of mineral there may be. It is not safe to drink surface water at all without filtering, or at least straining it carefully. All such water ought to be boiled to fit it for drinking, as it not only kills animalcula, but it separates lime and other mineral impurities.

White Swelling.

(*Hydrarthrus.*)

This complaint is generally confined to the knee. It is the result of chronic, (that is of the duration of several weeks or more,) inflammation, to which the debilitated or scrofulous are most subject. It might be caused by an injury. It may be from syphilitic taint. The swelling comes on gradually. The skin is white and shining: the muscles may

soften, caries of the bone occur, with much pain; or the muscles may harden and become almost like bone; one instance of which came under my observation, in which the entire leg was being involved; and as the case was under medical treatment, the probability was as ninety-nine to an hundred, that death resulted.

TREATMENT.—One very long, or two steam-baths a-day, thorough sweating, much water drinking, and the cold dash of three or four pails after each sweating. Wear the fomenting wet bandage from the ankle to the top of the thigh constantly when not in the bath. Renew the wetting to keep the cloth wet all the time. (See Fomenting wet bandage.)

Diet, Bedding, Sleeping, Position in Sleeping, Ventilation, etc., which see, are all to be faithfully attended to, and as this is a stubborn affection, perseverance alone will be the winning way.

Womb. Ulceration of

TREATMENT. - (Accidentally omitted from the article on page 400.) Twice or three times a-day take a cold sitting bath,

half an hour or until the water becomes of the same warmth as yourself. If chilly, place the feet in a bath of hot water, (see Sitting-bath.) Three or four times a-day syringe the vagina with tepid or blood-warm water freely, finishing with one cold charge. A sweating-bath twice a-week will also be desirable. Attend to Diet, etc., etc., as directed in all cases.

Wind Dropsy. Inflation.

(*Emphysema.*)

This form of dropsy results from wounds which admit air into the chest or belly, and also affects the whole system from other causes, such as improper and stale food, etc.

THE TREATMENT.—It will be the same as for general or local dropsical affections in all things, inasmuch as restoration of the functions of all the organs is demanded to overcome the ailment. Perseverance in treatment will be necessary.

I have had no experience in this phase of dropsy: but a successful experience in general dropsy (*anasarca*,) and local dropsical affections, suggests the same

course of water treatment as being the most advisable.

Worms.

In addition to the use of the syringe to free the rectum from the ascarides—I advise to take a cold sitting-bath of fifteen or twenty minutes duration two or three times a-day, rubbing and washing the anus or vent each time; or if the bath is not convenient, to bathe and wash the vent two or three times a-day, to get rid of the germs which seem to be deposited in the wrinkles of the membrane at the vent. Between the syringe and the washing of the vent I think the worms can be dislodged and destroyed. The last washing to be done on going to bed.

The use of coarse cracked wheat, or still better, the whole grains, (see page 51,) will assist in dislodging the vermin, as well as in not furnishing aliment for their subsistence: but the wheat must be mashed with the tines of a fork, and be afterward chewed *until it is a soft pulp in the mouth*, which fits it for digestion. (See page 195, Worms.)

Hiccough. Hiccup.

When hiccough is caused by rapid eating or an overfull stomach, it can generally be stopped by raising the hands and arms perpendicularly above the head and keeping them in that position a few minutes. This changes the position of the muscles and relieves the diaphragm and stomach. To drink freely of cold water will also frequently give relief. If hiccup is caused by bile or irritating substances in the stomach, an emetic (see Emetics,) must be taken. In extreme sickness hiccough is an unfavorable omen.

[This article was accidentally omitted from its appropriate place.]

Sleep. Necessity of –and proper time for.

If the digestive organs could digest and assimilate sufficient food to sustain the brain and nervous and muscular systems in activity, constantly, there would be no necessity for sleep ; but as such is not the case, sleep becomes an imperative necessity to permit cessation of activity and of the demands of the brain and nervous system for sustaining force,

During this period of rest the digestive or involuntary muscles and system, recuperate strength for the duties they will be called upon to perform when food is again taken. Perhaps it is the necessity for rest which the involuntary system recognizes, that overcomes the brain and inducts it into that passive state called sleep.—While during the activities of the day, it is best to eat small quantities, and often, when the need is felt for food, yet the time arrives when rest is claimed and must be given to the stomach and digestive organism.

The greater the activity of the brain and nervous system, the greater the demand upon the digestive and nutrient organs and their exercise, consequently the greater the amount of sleep required for their recuperation to fit them for their renewed labor. Mere muscular labor is not as exhaustive as brain work.

The proper time for sleep is early in the evening, as one hour at that time, for sleep, is worth two in the morning; and it is equally true, that one hour in the early morning for study, reading and writing, is worth two at night, after the routine and fatigue of the day.

The number of hours requisite for sleep for active brain and nervous workers is not less than nine to ten, unless they consent to premature exhaustion and decay. For the muscle laborer eight hours may suffice but nine would give a longer lease of life.

Growing youths of both sexes ought to sleep nine to ten hours. Children under ten or twelve years ought to sleep nearly half their time; and those between one and three years old about from twelve to fourteen hours; while infants ought to sleep at least twenty out of every twenty-four.

Giving this amount of rest to the brain, nervous and muscular systems, life would not only be lengthened but be made much more enjoyable.

“Balmy sleep, tired nature’s sweet restorer.”

This article was omitted from its proper place; but I deemed it too important to pass it, although the advice I give should be the rule with all; yet I know it is not, by any means; and perhaps my suggestions may arouse some to adopt them.

Extracting teeth while in the Magnetic Sleep.

I once had sixteen wretchedly decayed teeth extracted for a lady patient in whom I induced the magnetic sleep, and whilst under its influence; whose state was such, that in the conscious condition it would have been impossible to have taken them out without the risk of a serious illness or even fatal results, and chloroform, ether, etc., would have also been out of the question. She always declared that she suffered no pain, though as many as five or six were stumps that were 'dug out.' Without the aid of magnetism the operation could not have been performed.

The loss of her teeth was the infamous work of a 'regular,' who so cruelly mercurialized her for a 'bilious fever' as to wreck a naturally fine constitution, in addition to causing the premature loss of her teeth.

In the magnetic sleep the severest surgical operation can be performed without inflicting the slightest pain, or any consciousness existing of the performance

of it. A skillful magnetizer ought to conduct such cases, who will take his or her own course, though I suggest that it is necessary for him or her to be present, yet ignorant of the progress of the operation, lest there should be such *rappport* existing between them as would disturb the magnetizee if distress were felt by the magnetizer. "Don't pinch me so hard," said the magnetized lady whose teeth were to be extracted; when, to test her somnambulic state, after I had almost pinched a piece from her own hand without exciting the least symptom of feeling, was so much in *rappport* with myself that the pinching of my own hand caused this quick ejaculation, though I was several feet from her and out of her sight. As I did not watch the dentist extract the teeth, I was unconscious of his act, felt no sympathy, lest pain should be inflicted; and in that opinion, therefore, she ever after remained during many years subsequent, that I was acquainted with the case.

If the magnetizee or somnambule, exhibits any restlessness under a severe operation, the magnetizer must make a

few passes from 'time to time,' to cause a deeper influence.

Although not a professional magnetizer, I have reason to believe that two lives were prolonged several years through my resort to magnetism, when all other means would have failed ; and that it is capable of producing extraordinary results.

Blindness.

See article — The Eye, pages 286-292.

Longevity.

The vegetarian system of diet—Bread, Fruits, and Vegetables—water drinking and bathing, with correct and natural habits, as taught in this volume, will not only render life a pleasure but wonderfully prolong it.

By such course the fires of lust will be extinguished ; the brain become cool and calm ; rapacity be subordinated or subdued ; while conscience and the higher attributes of mankind will have their due ascendancy in the mental organism, instead of being as now, so weak in their influence upon character.

Sun-stroke—again.

The unusual number of cases of sun-stroke during the month of July, 1878, east of the Rocky Mountains, and the increased fatality attending them, causes me to again allude to the subject. I am satisfied that to improper or inefficient treatment must be attributed the large death-rate, as I am certain that the course I direct (see Apoplexy,) for its treatment would rescue almost, if not all, such cases; except indeed, the extreme and super-saturated liquor drinker, who might be past saving.

The hat and cap, the curse of civilization, in hot weather especially, must be discarded. But what substitute shall we have, for the use of which, the idiotic will not mob the wearer? Let the man who knows, produce it.

On my walk of over eight hundred miles from Portland, Oregon to San Francisco, I had a light, but strong frame umbrella covered with light drab linen, which I carried all the way, and with the exception of the passage through the towns and villages, walked bare-head

under its shelter, my hat hanging upon my knapsack. During the whole period the thermometer ranged from about 85° to 96° in the shade, during the heat of the day, but I walked 'right straight along.' Had I worn my hat, I am certain the result would have been disastrous. (See Sunstroke, page 123. And page 50 for my walk and its object.)

Mineral Waters.

All mineral water is impure and unfit for drinking and use in cooking; and according to the ingredients, is calculated, more or less, to injure the user. Away from towns and cities, rain and snow water is purest and best; even rain water, however, requiring filtering, straining or boiling, after being stored in cisterns, unless they are peculiarly constructed.

MIDWIFERY.

Painless Childbirth,

Or if not absolutely painless, yet so nearly so, that it may in general terms be so considered, is the result of a course of natural and proper living and preparatory treatment, with a view to its attainment, which has been nearly realized by many thousands of females who have learned through the gospel of health (the Water-Cure,) how to do it. This article is designed to throw still more light upon the subject.

It is a popular superstition that the Creator doomed woman to suffering in child-birth, but it is monstrous to believe such a libel upon Deity. In Genesis, chapter 3, is found a prophecy, not a doom or decree, upon which it is predicated. It has no foundation in nature, because if one solitary exception occurs,

then no such law exists, and similar conditions will produce like effects. I have had the evidences of almost painless childbirth often enough to prove that the rule is for all women who are obedient to the law of nature. And I am not yet convinced that absolutely painless birth is not the law for truly healthy and natural women.

One woman whom I attended with her first child was over forty years old, and all the suffering she experienced was when the child was born, and it simply caused her to exclaim, 'oh.' But she was obedient and reaped the reward.

I have to record but one exception, and that was in a case of wilful violation of the law, which paid the penalty of its transgression in uncalled for suffering. The woman was incapable of rising above old routine.

In one instance, a husband who was present at an accouchment which I conducted, so far perfected himself in the art of midwifery that he has, since that occasion, officiated alone in some four or five instances, and his wife has dispensed with the aid of a nurse. Although an

unpretentious man, he proved himself an apt student in obstetric practice ; and his wife realizing ' the blessedness ' of light and reason, ably seconded the home practice of midwifery. The man is a journeyman carpenter.

The midwife's art which is now wrapped in so much dread mystery, should be made as plain and familiar to all women as any of their ordinary daily avocations ; and the practice of it ought to be solely confined to women. A man-midwife is an abomination, and his presence is really the cause of a large per centage of the suffering and calamities attending childbirth.

All women, and practitioners know, that conditions are frequent, and always liable to exist, which should forbid the presence of any man beyond the husband, who ought to qualify himself for the accoucheurs duty, should necessity require.

But properly informed, the mother, sister, neighbor, nurse, or the woman herself even, can do all that is needed to be done. The woman midwife who makes it her business, has of course, a rightful claim for employment, and if educated in

the school of reason (not the medical, certainly,) ought to be employed by all who can afford to pay for her services: those who cannot pay, ought to learn how, and help themselves. But, as the children belong to the State, it ought to provide assistance for needy parents.

It is less than two centuries since the first recorded instance of man-midwifery, which was an innovation by a French courtesan: but even yet, in Continental Europe, women enjoy a large share of obstetric practice, and many women have attained to great and just celebrity as midwives. And the door can not be closed upon them in the United States if they will qualify themselves; though the allopathists or 'regulars' are doing their utmost to deprive the people of their rights, and to prevent all progressive ideas and practice.

'First, last, and all the time,' and during more than a third of a century past, I have advocated and urged upon women, — woman for a midwife. I am more than ever confirmed in my opinion. Dr. DEWEES, who wrote a large volume on the subject of Midwifery must have held

the same opinion, because he wrote—
“Man-midwifery is the secret history of adultery.”

Millions of children have been safely born without the hurtful presence of the man-midwife, and it is time that women should return to the safe, and in this respect, ‘good old way.’

Ponderous volumes have been written and published on Midwifery, containing accounts of the horrors of child-birth: of the manipulations, the mangling of infants, and the tortures endured by the mothers, and the death of one or both, after having undergone them—which, if women were to read, not one woman in a thousand could be expected to have the courage to risk them, in having a child. And nearly, if not all these horrors, originated in the fact of the mere presence of the man-midwife, or were the result of his ignorance and stupidity. No man-midwife say I, although I have been obliged to occupy that position.

Now, if women will learn, and permit me to teach them, and husbands too, I will give them such counsel as will make them as independent as a hard

working northern European woman, a Negro woman on a Southern plantation, or as a roving Indian woman, who falls out of line of march by a brook or spring, gives birth to her infant, attends to it and herself, and comes into camp at nightfall, 'all right,'—and a great deal wiser than they are, as a well-informed woman should be.

Diseases of Pregnancy.

'The books' tell about diseases of pregnancy: but in the order of nature there are none: they are the result of improper habits of living, dressing, etc.

The period of pregnancy or child-carrying and nursing ought to be the healthiest and happiest of a woman's life; and by the course I advise may become so; even nausea, vomiting, fickle appetite, 'longings,' etc., being prevented.

Miscarriage.

Being governed by the advice I give, a miscarriage is almost an impossibility. If through fright or an accident it occurs, the treatment will be the same as for childbirth at full period: the sitting baths,

etc., causing a resumption of natural conditions within a few days.

Labor Pains.

By the course of treatment I advise there can be really 'no labor pains,' because there is a continuous bearing down, and so gradually as to cause no especial paroxysm of pain or 'expulsive effort;' and when the weight of the child becomes too great for the resistance, *it will of itself drop,** unless caught; and this has often been the experience of the hard working women who labor in the fields of northern Europe, as I have seen it stated, as well as had private information of the fact.

Abortion.

View it as you may, designed abortion is child murder, from the moment of conception. Some women seem to think that until after 'quickening' there is nothing wrong or criminal in abortion: but therein lies their mistake. In addition, the sudden disturbance of the maternal functions in themselves works

*And that this fact is not perceived by all, is to myself almost inexplicable.

ruin, often worse than death. The thought of killing the child within her, should make a woman shrink from even the thought of abortion.

Preparatory.

When a woman discovers that she is pregnant, the first thing to be done is to renounce that all-prevalent and 'crying sin' of tight lacing and dressing ; because there is great danger of causing deformity of the infant, and injury to herself.

The mother-expectant who would have a fine, healthy, well-formed and well-developed child, ought to adopt if it is not her habit--the vegetarian diet, and all habits tending to health, and discard all which impair it and injure the nervous system, in particular : therefore, see Bathing, Clothing, Diet—what, when, how, and quantity to eat ; Sleeping, Position in Sleeping, Ventilation, Air, etc.

Diet.—Give strict attention to my advice about diet, (see Habits : how to change,) and try to acquire the habit of chewing your food as advised. Also, see Fruit and Melons as food.

Bathing. Take a towel bath daily.

at any hour that is most convenient, if a tub-bath is not accessible, the water in either case to be pleasantly warm, using a coarse towel or flesh brush, wet, to cleanse the skin, and soft ones to wipe dry. Once a week, at least, a thorough washing, if only in a wash-tub; always finishing by bathing face, hands and arms in cold water. A cold head-bath, (see Pouring head-bath) daily, will be of great benefit; or, if there is lassitude and feverishness, two, three, or four of them a day. Notice what is said about keeping the hair dry, or drying it after a head-bath.

Sitting-bath. — (See article Sitting-bath.) Commence at the beginning of the third month to take one sitting-bath a-day as directed in the article referred to, in addition to the towel-bath. At the commencement of the sixth month take two sitting-baths a-day two and a-half to three hours after eating. After the sixth month some women have taken three or four sitting-baths a-day, especially during the eighth and ninth month, as they found the baths tone up and strengthen the muscles of the belly and hips, and relieve the spine and all inter-

nal organs. These baths and plain food and plenty of it, properly eaten, take the place in large measure, of the rough exercise and out-of-door life of the laboring woman, the plantation negress, the Indian squaw, and the peasant woman of continental Europe, in giving tone and strength to the muscles and increasing nervous force ; if aided, of course, by the adjuncts of pure air, etc. as directed.

Not to be taken.—A sitting-bath is not to be taken after a woman has had a 'show,' that is after a mucus discharge from the vagina has occurred, which may only be hours, or a day or more, before the 'breaking of the waters' (liquor *amni*,) and especially not after that event; because under this practice the birth is quite likely to speedily follow. There are premonitory symptoms or feelings which all women recognize, to warn them of the approaching event; and this 'breaking of the waters' is one of them; though there are cases in which the quantity is very small, as it varies from about a half gallon down to a half pint. If the quantity is small, it is usual among women to term it a 'dry birth.'

and the delivery is not expected to be as favorable as if otherwise. I have never had a case of that kind, and can not give any data.

In a natural and healthy state all conditions are so different to the common experiences, that no comparison can be instituted.

When the 'show' has occurred and the sitting-bath has been discontinued, if there is pain and heat, and a feeling that would suggest the continued use of it, a large cold wet cloth to cover the entire hips and 'small of the back' ought to be used instead, as often as desired, and to be kept cold. (See cold wet cloth or bandage.)

Exercise. Open air exercise in the sunshine is very desirable; but exercise even if it must be in the house, because it will be a relief to the muscles and nerves. Sitting or lying around listlessly is very injurious.

Amusement, employment, recreation, in reading, music, the study of art, the advancement of home comfort and enjoyment, will be of the greatest service in preventing listlessness and inertia on the

part of the mother, which would doubtless have its baleful influence on the offspring. And inasmuch as qualities as well as appetite are transmitted to children, the indulgence in tea, coffee, beer, wines and liquors, animal food, the fiery condiments, rich pastry, etc., is wrong, tending as it does, to the perpetuation of the diseases and suffering which now so heavily afflict mankind. But, of course, the decision of this vital consideration must be left to the intelligence and conscience of each individual. Let the would-be mothers and fathers think of these things.

(Send to S. R. Wells & Co., 737 Broadway, New York, for *Parent's Guide*, by Mrs. Pendleton, price \$1.25.)

Parturition. The birth.

When it is evident that the hour of trial is approaching let the preparation be complete. Have the old comfortables or rubber sheet at hand to spread upon the floor and upon the bed. Also have a sitting-bath or a wash tub convenient, containing two pails full of cold water; with towels, sheets, blankets, etc., and a

plentiful supply of hot water for feet and hands if required. (See Sitting-bath.)

The Position.

Nothing can be clearer than the fact of gravitation. With inefficient resistance a dependent weight must fall. When the muscles of the belly and the constricting muscles of the vagina are unable to bear the weight of the fetus ('the last hair breaks the camel's back' is the old axiom,) if the woman is in the erect position, on her knees or standing up, the child will be born because its dead weight can not be resisted: just as ripe fruit *drops* from the tree. *The 'fruit of the womb,' when ripe, if not obstructed, does the same.* Intelligent writers who should know better, allude to the 'expulsive efforts,' of the womb, as if any are designed by nature, when it is so weakened and attenuated by its contents that contractile force is almost out of the question. In the erect position, even if 'expulsive efforts' are made they would be entirely uncalled for, as 'nature in her gentlest mood' would do her work in her own good time and way, and so gradually

that I must believe that a healthy and prepared woman would not experience pain. When women do study this matter as they should, my impression is, that doctors and monthly nurses and ill-taught* ('regular') midwives, will not continue to torture them as they now do, by causing them to lie upon their sides and back, at the risk of their welfare for life, and even their lives. I know of only two women so devoid of reason that they can not perceive the folly or criminality of lying down to give birth to a child, and one of them calls herself a doctor! The 'expulsive effort' of the womb is largely the frantic straining, blowing and tearing of the woman, amounting almost to a rupture of the entire internal organism, in many cases. *Note the whole of this is avoidable in adopting the erect position.* And I charge every woman not to give way to any foolish straining, puffing, and blowing, *because it only fatigues her and retards the progress of the birth.* Be collected, calm, courageous, and that all merciful God in whom you believe, 'who watches over even the sparrow,' will bless and sustain you if you are patient and wait.

If upon the knees, have a large pillow to kneel upon, protected by a covering to keep it clean, and also to furnish a place for the infant while the umbilical cord, or navel string is being tied. Let the legs always be spread wide apart. The birth is received by the midwife upon her hands or if standing, the birth is received in the same way; or if a woman is caught alone, as has happened, the mother receives the birth on the hands and places it on the bed, a chair, or table, until the navel string (which is about 16 to 22 inches long,) is tied and cut, keeping the erect position in all cases, especially if a delicate and weak woman, for nine-tenths of the agony and distress of ordinary child-birth is *prevented by this single act*. In either position of kneeling or standing, it should be by the bedstead or some other place where a support could be had for the hands to cling to, to sustain the body erect.

Great care must be taken not to place the child so far from the mother as to cause any strain upon the navel string; which also must be arranged to prevent its being caught by the feet of the child, in kicking.

During the near approach to delivery, change of position in walking and sitting is a great relief; but on no account to lie down. Feelings of fatigue and anxiety are largely relieved and even overcome by frequent rinsings of the mouth with cold water and in sipping it, and also by bathing face, head and hands in cold water. Be careful to keep the bowels free and as empty as possible; also the bladder, by urinating often. If the diet has been unbolted wheat flour bread, mush, vegetables and fruits, (with the bathing,) there will be no constipation, which, under the usual modes of living, gives such distress in very many cases of childbirth, besides the injury it may inflict upon the fetus.

Presentation.

The full time having arrived, (for if my advice has been followed, miscarriage is almost an impossibility, unless under the pressure of some violent accident or terrible fright,) the fetus presents itself for birth: and here comes another 'to do,' to know if it is all right, and the man-midwife must make an 'examination.'

And that is one of the things I never would do, because I had every right to know that it was 'all right.'

Aided by the law of gravitation in the erect position of the woman, the head being the heaviest extremity, must, in nine hundred and ninety-nine cases in the thousand, if not in the thousandth case, first present itself, for I have never seen or heard of the descent of the light end or part, foremost, of any object left to obey natural law. It can safely be taken for granted that the head will first present: indeed, all the difficulties of 'misrepresentation' or 'false presentation,' (that is, not of the head,) are almost absolutely prevented by the erect position, and in *calmly waiting nature's purposes and motions*.

Here, however, is just where the man-midwife is almost universally at fault. He impatiently looks at his watch; another engagement presses; an 'examination' must be made; time is short; the woman lying down, is in great distress; down goes the poison, *ergot of rye*, and then the end of it, who knows? Never have a man-midwife, but a woman hon-

orably and intelligently educated, or your own intelligent and experienced mother, your sister or your neighbor, who will let you have time to be obedient to nature.

Thus prepared, and governed by reason and nature, the use of any kind of instrument could not be apologized for in one case in a thousand, if ever; and it would be preferable that that one case should have a fatal termination than that hundreds or thousands of women and infants should annually die under the hands of the men-midwives and their horrid instruments.

In a case of difficult passage of the fetus in delivery, I have no doubt but that physical magnetism or Mesmerism would be a great aid; and if employed by the 'regulars' instead of chloroform, ether, etc. would be promotive of the welfare of the woman.

The method is to make downward passes with both hands, commencing at the arms, passing down by the side of the body, meeting in front, and passing off just below the body with a shake of the fingers; returning the hands in a circle outside of the body. A steady action

should be continued during twenty to thirty minutes and may be repeated after an intermission of an hour. In this case the hands should gently rub the person, and it suffices if done over the clothing usually worn at such time. In this case it is not designed to psychologize or induce magnetic sleep; but simply to control the nerves.

In cases in which insensibility to pain is desirable, the magnetic sleep is superior to all the anæsthetics ever heard of. (See Extracting teeth in the magnetic sleep.)

Should a mispresentation by any possibility occur, the midwife must regulate it if necessary; but such a case may be 'counted out' if the woman has been faithful to herself and has followed the counsels I have given; as also a presentation of the after-birth before the child, which would involve a dangerous bleeding unless immediately checked by prompt and thorough treatment; for which, see Bleeding from the Womb.

Mispresentations in the lying position often occur and cause great suffering and delay in labor.

I know of one case of shocking childbirth butchery, the result of which was the death of mother and child, and it was alleged that remorse drove the man-midwife to 'hard-drinking,' terminating his career within a year, proving that although he could not rise above the erroneous teachings of his school, that he yet possessed a sensitive 'soul,' and could not bear up under a deeply 'wounded spirit.'

If there happens to be twins or triplets, the birth may follow immediately or it may be an hour or hours before it occurs. In that case, the first placenta or after-birth, is to be removed, if it can be done according to directions already given, without producing any sense of pain or of adhesion to the womb; if not, let it remain until it passes itself, or can be properly withdrawn on farther trial. Then the next will come in turn for the same attention.

It is in the stupid conduct of this part of childbirth that inversion of the womb, or 'turning it inside out' as it were, occurs. (See Inversion of the womb, page 400.) By observing my directions and in being careful, such a calamity is almost impossible.

If the 'little stranger' is alive, a lively cry will tell the story. If weak and its state is doubtful, the air and sprinkling it with cold water will quicken it. It may be still-born and be beyond resuscitation.

The Child—Children.

The child being born and safely placed, wrapped in a piece of flannel,—remember there is no necessity for hurrying to tie the navel string, but on the contrary, delay is best—it is proper to know that there is not a twin, triplets, or more. The previous size of the woman, her own feelings, and the judgment of the midwife combined can easily settle this point. If there be more than one, *wait patiently for its presentation*; keeping the erect position of body and exercising by walking and other motion. In the meanwhile it will be in order to care for the one that has arrived.

Tying navel string, or umbilical cord.

Great injury can be inflicted upon the infant and is often done, by too much haste in tying the navel string, and in separating it from the mother before the

lungs are fully inflated and the circulation of the blood well-established for its independent existence. Look after the mother and let the young one lie and bawl lustily. It will do it good.

The imperative rule.—Never tie the navel string until all circulation between mother and child has ceased; and this is determined by taking the cord or string between thumb and first and second fingers, with a light pressure, and if there is *even the slightest pulsation, it must not be tied.*

How to tie the navel string or cord.-- I use narrow 'bobbin,' or silk 'taste,' to tie with, drawing it tight, and tying a firm knot a full inch and a-half or two inches from the body: then I tie again about an inch or a little less: then at about an inch and a-half once more: between these last ties I cut the cord in the center. This secures the end of the cord attached to the placenta or 'after-birth,' and at once checks the circulation of the blood from the womb, preparing the release of the after-birth from its attachment to the womb; and by the time the child is attended to, the after-

birth is generally in readiness to be removed, and if the woman has kept the erect position instead of being, as it usually is, attended by much pain and distress, ('after pains,') is passed without an effort, and no pain whatever. Holding the chamber vessel to catch it, a slight jar of the body, by stamping with the foot, is frequently all that is necessary to start it; or holding the vessel in place a *gentle and steady strain on the navel string* withdraws it. I always recommend the woman to do that for herself because she can *feel*, and *must stop pulling if she feels*, the slightest indication that the after-birth has not left its attachment to the womb, which must be complete, and will be, with a little patient waiting: and here is where one of the man-midwife horrors comes in, in tearing away the 'after-birth,' and causing *inversion*, or turning the womb, as it were, *inside out*. Oh, for a little prudent patience when so much, even the life, depends upon it. Nature provides for her needs, and if you have passed through your eight or nine months of probation, as directed, just as soon as she has no

use for the 'after-birth' she will tumble it out of her way, and will not hurt you in doing it.

Beside the midwife only one other should be present, (unless desired by the woman,) to render assistance that might be required. For instance possibly, to assist the mother; or in keeping the infant still while the tying and cutting of the navel string or cord, is being done.

After the 'after-birth.'

As soon as the after-birth is removed and any clots and flow of blood has passed, the woman having had plenty of fresh air circulating in the room, and cold water to drink, to sustain her stomach, is to take a cold water sitting bath, having a wash tub large enough to hold two pails full and sit in it without slopping over. Putting the feet in hot water she may sit in this bath at least half an hour; and if she is washed all over with a towel it will be very refreshing and grateful to her feelings afterward. In two or three hours after the first sitting bath, she can take another, or if the flooding is free it may be repeated in one

hour: and according to the flowing, the cold sitting-bath may, and *should be, taken 'right along'* every hour, or every two hours; because the blood is no longer required to flow to the womb and should not; and in hearty and robust women, naturally, the womb would contract so rapidly that 'flowing' would soon cease of itself; though as women are now, it usually continues for some time, and a peculiar discharge termed lochia: but all this is healthily shortened by the whole course of treatment prescribed. A bath all over ought to be taken once a-day and might be done at the time of taking one of the sitting-baths.

If the sitting-bath is continued as often as three or four times a-day during the first week or ten days, it will well repay the time and trouble.

In reading this *coolly* given advice about *cold* sitting-baths, instantly upon delivery of the after-birth, a woman may think it is a deliberate attempt upon her life—but after she has been through the probationary course of preparatory treatment she will joyfully hail it as the needed helper to strength and activity.

The sitting-bath and the daily cold water wash are the guarantees against broken-breast, milk-leg, and childbirth fever, which are so common under the usual 'regular' proceeding.

Contraction of the Womb.

With the treatment directed, the womb speedily commences to contract, after the removal of the after-birth; and now there is a chance for it to do so, and in a few hours, a round ball, as if it was the head of a child, may be felt in the lower part of the belly; this is the womb, and in a few hours more it will be reduced to its ordinary state and not to be felt. This is why, under my treatment, the discharge from the womb ceases so soon, preventing the occurrence of inflammatory affections and difficulties which often attend childbirth under the 'regular' mode of practice.

Washing and dressing infant.

It is about time to wash the baby, and I advise the use of warm water for all but the head, which must not be more than tepid, unless it cannot be cleansed

properly without being warmer, in which case cool water must be afterward applied as a finish to face and head. Use fine soap to assist in cleansing, and if necessary some cream or sweet oil, but water-cure women have clean babies.

I recommend the washing of infants and children with warm water always, except for face and head, which should always be cool or cold according to age. I do not believe in freezing the little things until they are blue—do you?

The clothing should be mere loose wraps, to give perfect freedom of motion, but women will do as they please in this respect. One thing is certain, infants generally are dressed too tight, and have too much upon them; and by far too much when in bed.

The navel string.—Care will be taken in dressing the infant to protect the navel string from rubbing and chafing; and also if possible to prevent hard crying until after it has fallen off, which will be in from five to eight days.

Nursing the infant.

Do not listen to any stupid nonsense about dosing the baby with any trash whatever, upon any account, but give it the breast and nothing else, and wait its motions. I have always found it to come out all right. Or if it must have something give it a little tepid water –milk-warm. It will take the breast in good time if it is not disgusted with any nastiness (to it,) which the nurse or mother stuffs down it, *causing it to refuse to suck*, until the mother is sometimes seriously hurt. If the infant does not take the breast (but I have never known a case under my advice,) or does not draw strong enough, the breast-pump is a useful aid. I do not like the idea of puppies for the purpose.

Do not be afraid of eating Graham bread, vegetables and fruit, and melons, as it is the best diet for yourself and infant, also, giving you an increased and plentiful flow of rich and nutritious milk.

The happiest and sweetest little infant I ever saw, was that of a mother properly advised in advance, who partook

of all the fine vegetables and delicious fruits, without making the slightest change in consequence of the coming of the little stranger! I noted its progress during six weeks, in all which time it gave no sign but that of unalloyed ease and enjoyment; and such, generally, is the experience of well-advised mothers who are obedient to Nature's laws.

Pains in the breasts are relieved by bathing with warm water, and also by wearing the fomenting wet bandage, (which see,) finishing with a cold washing, and this also is a preventive, to.

Broken - breast,

Which also, it cures, with the aid of the sitting bath, and the daily washing, for one who is an "outsider" to my treatment. (See Broken Breast, page 225.)

SORE NIPPLES.—Bathe the breasts with cold water, and apply wet cloths to the nipples, and frequently bathe them with cold water. But the woman who has duly prepared herself under my advice will expect none of these difficulties.

Fever.

Child-bed, milk, or puerperal fever — all the same — is unknown under this treatment of sitting-baths and daily washing, dieting, sleeping, ventilation, etc. All which, see ; and by which, any woman suffering through the old stupidity, also may be cured.

Difficulties in urination, varicose veins, swelled feet and legs, pruritus, or itching of the external parts of generation, all are expected to be prevented, by the course of general treatment. (See the next article—Milk-leg.)

Milk-leg.

This is a dropsical swelling of one leg — rarely both legs — which is to be treated same as for general dropsy, by the half-bath, etc. (See Dropsy, General, page 271 ; and Milk-leg, 340.) It does not occur under my treatment.

Sleeping and Ventilation.

I must urge strict attention to these matters, both for woman and child. The delicate breathing apparatus of the child requires that it should have a pure atmos-

phere in which to breathe, and plenty of air. At first it fairly vegetates upon air and fluid. And the mother and child both usually have too much clothing upon the chest and body, which is the cause of overheating and feverishness, giving what is called a 'cold.' Be careful to read all the articles upon sleeping, ventilation, air, a 'cold,' etc., to which I have referred.

Company.

It is natural for feminine sympathy to exhibit itself in a desire to call upon the mother and see the 'little darling'; but, upon my word, I think it really would be best to keep away for a few days. The women however, who follow my directions are marvels of recuperation. They are 'up and around' in four or five days, or a week at the farthest: by 'up and around,' I would not have it inferred that they keep the bed until that time, for they do not; but simply, that they do not return to their ordinary positions until then.

One delicate little woman had been previously notified that if she had another

child that it would cost her life. Under my counsels she did not die, but on the contrary, on the second day sat up to lunch with a friend or two who had called on her, and on the fifth day after delivery occupied her seat at the dinner table as though she had not been through the ordeal which it was threatened would cost her life. Another woman walked a full mile and a half on the fourth day; and of others, I might make mention to sustain the fact, that when a woman drops a burden she has been carrying for months that it ought not to excite special wonder that she is able to be about; though as now constituted, and badly managed by the 'regulars,' a woman is expected not to recover from deliverance from her burden without being cuddled and fooled over for two or three weeks! Oh, for light—more light.

The sitting-baths, good food, plenty of air, sunlight and reasonable exercise, with cheerfulness and determination to be and do, right, makes a new world for women to live and hope in, and gives a new start in the progressive development of our race. Lo! the dawn of the day

when sickness and sorrow are to be the exceptional experience.

Feeding the Infant.

If the mother, by any infirmity is unable to furnish milk to the infant in sufficient quantity, resort must be had to the milk of one cow, diluted with one-quarter or one-third water, and made milk, or blood warm. When the child is a few months old a thin gruel (not too thin) of pure Graham flour may be made and the milk be thickened with it and be fed to the child. Pay no attention to any nonsense about its being "too coarse," which is sheer, stupid ignorance. But if you wish to do well for the child this is the food for it just as soon as you think it best to commence with it; and it ought to be continued, increasing the thickening, until it has teeth to chew Graham bread, etc. See the various articles on children, and also the lengthy article on diphtheria, etc., for hints in relation to prevention of disease and its treatment, for children.

Water for Infants.

Stimulated as most women do stimulate themselves, with tea, coffee, fiery condiments, salt, sweets, rich pastry and animal food, the infant suffers untold distress from thirst and for the want of plain water, for which it may cry by the hour or day even, without relief; whilst everything else that could be thought of has been done for it. In scores of cases I have caused immediate cessation from crying by getting the nurse or mother to give the infant a little water.

MATERNITY.

A subject for serious consideration.

After the fact of conception is established there ought to be no further sexual intercourse until *after the child is weaned*, which ought not to be done until it is about two years old. This would make room for a child about every four years; favor the rearing of healthy and well-developed children, and give the mother some rest and a chance for her life.

This is in accord with sound reason and is undoubtedly nature's law, the violation of which inflicts upon the race so much of the awful curse which now hangs over it.

It seems to me this is so evidently the great law of nature, that I feel not only at liberty to announce it, but if I felt it advisable to argue it, would do so. I prefer however, to leave it to the conscience and 'sober second thought' of men. Women universally can and do accept it, fortified as its claim is, by their intuitions as well as reason.

The unwelcome child.

A woman ought to have a right to determine when she would have a child. She ought to be in good health and fortify herself for the momentous duty. Too many children are unwelcome, which fills the world with imbeciles, malcontents, and wretched mutineers against the peace and welfare of society at large. Too many are born to be properly cared for. There ought not to be less than three years between each child.

Children have rights.

The fact that an unborn child has rights may be laughed at, but that will not disprove the assertion that it has rights, which too, ought to be respected. The first is to be begotten and born of healthy parents ; and the next, to be the work of design and under chosen and favorable conditions—not to be a ‘come-by-chance,’ or a source of regret : and then the farther right to be carried under the most enlightened auspices in relation to diet, habits, thought feeling, etc., etc., of the mother ; and after being born, to be cared for, educated and instructed in all that pertains to its mental, moral, and physical welfare. Do send to S. R. Wells & Co., 737 Broadway, New York, for *Parent's Guide*, price \$1.25.

**Hereditary tendencies to disease
and character.**

Recognizing the fact of transmission of mental and moral qualities, and of physical tendencies to disease in several articles, I yet think it is proper to make this special article, to still farther enforce

the consideration of this subject upon the parents of to-day and the future. By proper diet, habits, attention to bathing, ventilation, exercise, etc., the tendencies to physical ailments can be largely, if not entirely overcome; and by persistent efforts in education great changes can be made in mentality, both in the measure of capacity and its direction. "As the twig is bent the tree inclines."

Once more—Send to S. R. Wells & Co., 737 Broadway, New York, for *Parent's Guide*, price \$1.25, which you will find to be of almost inestimable value.

I have not seen the following noticed work, but the endorsement given to it, and its reproduction by the *Phrenological Journal*, leads me to bring it to your notice:

TRANSMISSION. —*The Christian Advocate* says:—"In his lecture on Influenced Educational Forces, Rev. Joseph Cook quotes freely and approvingly from *Transmission: and Variations of Character through the Mother*, a pamphlet of 68 pages, of which Mrs. Georgiana B. Kirby is author, recently published by S. R. Wells & Co., New York. Without writing at length concerning the subject, and the merit of the author's treatment, we will simply say that the subject is one of growing importance, and the book and its like should be carefully read by every mother and mother's daughter nearing the confines of marriage. False modesty concerning certain laws of nature has been the parent of great crimes against society in the past. Ignorance now concerning these laws should be regarded as a crime, especially when proper information, chaste and clothed, may be had so readily and inexpensively. This pamphlet costs but 25 cents, and is within the reach of the slenderest purse."

And another of S. R. Wells & Co's books is, *Chronic Diseases: especially the nervous diseases of woman*, price 30 cents. It ought to be possessed by every man, and every woman also.

Send to them also for their *private list* of works on Physiology, etc., which will give you a knowledge of all that is worthy of perusal.

I commend the *Science of a New Life*, by Dr. COWAN, although I disapprove of his teaching in relation to childbirth, as those who may read his advice and my counsel, will perceive, because he adheres to the old and objectionable routine.

Several ladies have given me the most ample written testimonials of their gratifying experience of the value of my method of treatment in child-carrying and childbirth, and I am in possession of hundreds from patients at large, testifying to the value of the Water-Cure system as practiced by myself, which I feel at perfect liberty to refer to, inasmuch as I am not 'running an institution,' nor settled in practice, for which this book is to be an 'advertising dodge.'

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Men, Women, and Children, in their Sexual Relations, is the title of a treatise in which I embrace the leading thought upon the sexual problem, of the progressive minds of this era ; with such reflections and suggestions added, as my practical application of facts has elicited.

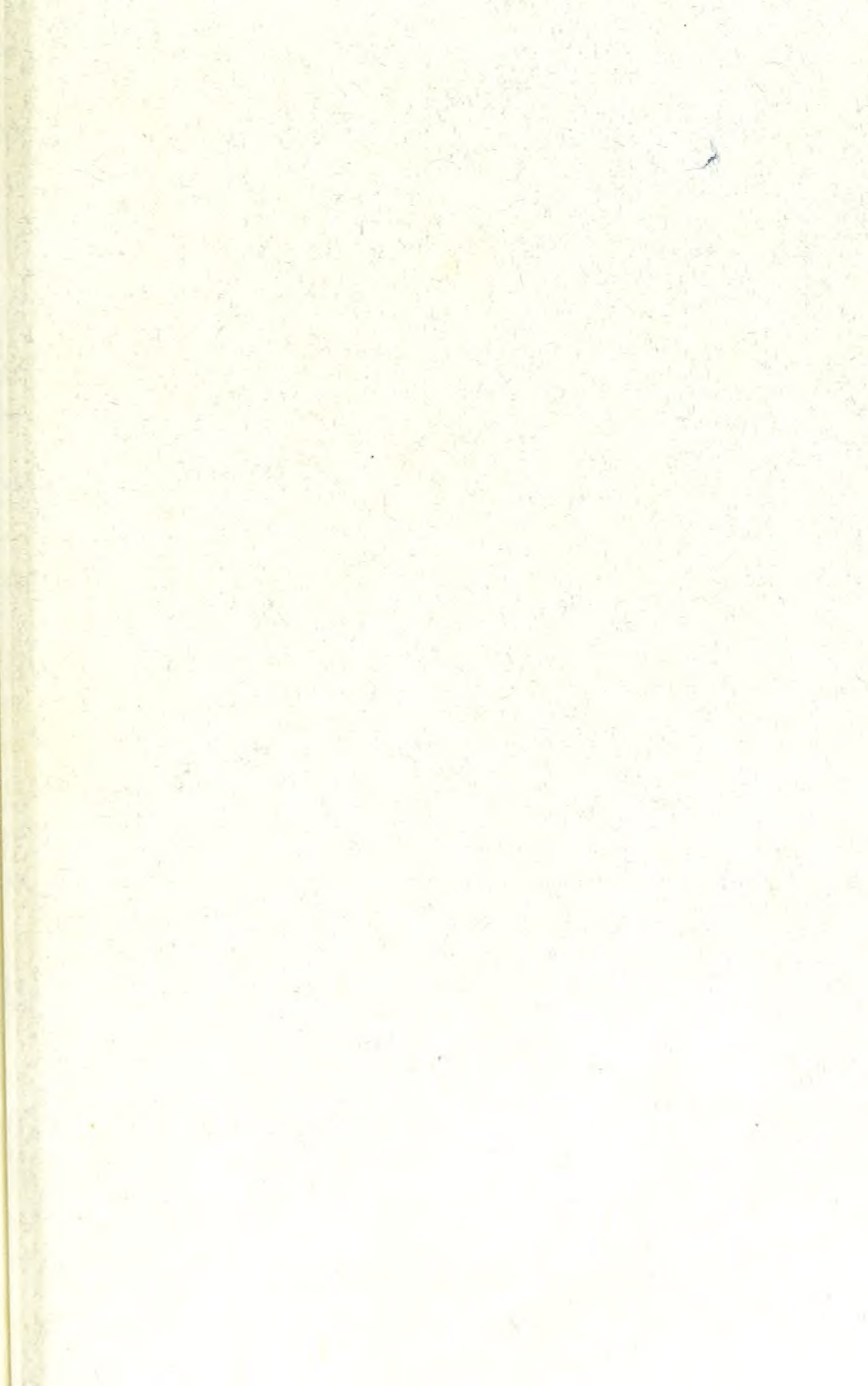
The subject matter of this essay, as a lecture, which I have now amplified, has been very favorably received by numerous large and intelligent audiences; and many persons both on the Atlantic and Pacific Coasts have desired to possess it in print.

Within a comparatively limited compass I condense the great and all-important truths announced and defended in many large volumes of argument and illustration: and thus bring the knowledge of their valuable teachings within the reach of all truth seekers.

It will also contain the necessary advice for the cure of sexual disorders, male and female, through the use of water—the only reliable means—aided by a pure and wholesome diet. The price will be fifty cents, prepaid by mail, or can be obtained through the same agency as this book.

The books which, in this volume, I have commended to your favorable consideration, are such as will benefit *You*, and it is for that especial reason that I have made mention—the publishers being ignorant of the fact even, that my volume was contemplated: much less that it is about to be issued from the press: therefore, whatever pecuniary benefit my commendation may be to them, is entirely unsolicited on their part.

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